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CHRISTMAS TV
GUIDE STARTS
ON PAGE 17**

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**SEE THE
FINALISTS
ON P45**

BETTER FACILITIES: Southend
East station is to undergo a
transformation in January.
Picture by Mark Cleveland



RAILWAY STATIONS IN FOR MAKEOVER

By Karen Davis

TWO railway stations on the London Fenchurch Street line are to get a £2m makeover.

Shoeburyness and Southend East will be upgraded, thanks to a joint programme by c2c and Network Rail.

At Shoeburyness, major improvement works costing £730,000 will start at the station next month.

Changes will include the demolition of the existing entrance porch and the installation of new glazed entry doors to the ticket hall, together with an external canopy, creating a more spacious and

accessible entrance to the station.

At the same time, the ticket hall floor will be replaced with a new anti-slip finish.

Elsewhere in the station building, the toilet accommodation for customers and staff - including an accessible toilet for the disabled - will be completely rebuilt.

The forecourt will see additional car parking, including parking for the disabled.

Cycle parking will be also be relocated away from the main flow of traffic, with the capacity for more cycles under a new shelter.

Minor improvements will also be made to customer seating on the

main platform and the CCTV, which will complement the new facilities across the station.

At Southend East, major improvement works costing £1.44m will also start next month as part of the National Stations Improvement Programme.

The work will take around six months to complete.

A new south-side ticket office is the main focus of work at Southend East, with better visibility over the platforms and improved pedestrian and cycle access from Ambleside Drive.

On the north side, the present ticket office will be removed to

widen the station entrance, and Southend Borough Council will provide additional cycle parking to complement that which will be provided on the south side of the station by c2c.

The station's CCTV and information systems will also be improved. Hugh Jennings, head of retail for c2c said: "I am delighted that we have secured National Stations Improvement Programme funding in order to progress these major improvements at Shoeburyness and Southend East stations."

"The station facilities will be transformed for our customers."
■ Turn to page 9 for more.

Christmas concert

PRIORY Park will host to a traditional Christmas carol concert on Sunday. Southend's own Band and Choral Society will present an hour-long family concert from 2pm at the bandstand. The family-friendly event is completely free and both Southend residents are visitors are welcome to attend. Seating will be provided and refreshments will also be on sale from the Park Cafe.

Display your art

SOUTHEND Library is looking for creative people to display their work in their Ground Floor Gallery. They want artists, crafts people, photographers and sculptors to apply to have their pieces exhibited in the space. The selection panel will be looking to devise a varied programme of exhibitions for 2012 - drop in to the library foyer for further information on how to register for an application pack.

Fundraising appeal

SOUTHEND Theatres will be supporting Great Ormond Street Hospital's fundraising appeal - Theatres for Theatres - until December 2012. The initiative is a three-year campaign to make a difference to the lives of young patients requiring specialist brain surgery and will help Great Ormond Street purchase two state-of-the-art operating theatres to be utilised by the hospital's Neurosciences team.

INSIDE this week



Check out
our panto
round-up

pages 4-5

Yellow Advertiser

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Editor: Greg Fidgeon
Publishing director: Scott Wood
Distribution manager: Rob Rolfe
Switchboard: 01268 503400
Advertising: 01268 503450
Fax: 01268 503418/9 and 503455
Editorial: 01268 503485
E-mail: southend@yellowad.co.uk
Fax: 01268 503480
Distribution: 01268 503380
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Competition

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rienced crafter or a beginner,
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ing ideas at Sandown Park
Exhibition Centre, Esher,
between Thursday, January
20, and Saturday, January
22, 2011.

Guest crafting celebrities
and experts will be at the
three-day event including
Creative Craft TV's Nigel
May, who will be making a
special guest appearance on
Thursday, January 20.

Develop your skills at
workshops with Stephanie
Weightman and renowned
artist Nancy Watt, and enjoy
a range of workshops, make
and take sessions, on-stand
demonstrations, advice cen-
tres, competitions, special
offers and show bargains.

Find the latest in a range of
crafts including cross-stitch,
sewing, cardmaking, needle-
craft, knitting, patchwork,
quilting, scrapbooking, rib-
bon craft, papercrafts,
stamping and beading.

Make an embroidered
bowl with Jan Tillet, join a
Knitting Surgery with
designer and teacher Fiona
Morris, and try a range of
crafts at Craft Habitat's

'have-a-go' area.

The show, which runs from
10am to 5pm daily, is the
perfect place to see, try and
buy craft supplies and
ready-made gifts.

Entrance is £7.50 for
adults, £6.50 for conces-
sions, and free for children
under 16.

Workshops at the show,
which has free parking and a
free shuttle bus from Esher
station, vary from free to £6.

Save £2 on tickets, get a
half price catalogue voucher
and be entered into a prize
draw to win up to £300 of
craft vouchers to spend at
the show by calling 01822
617744 or visiting www.scc-shows.co.uk

and quoting
Reader Offer code PR1.

Places for Stephanie and
Nancy's workshop sessions
can be booked in advance.

For your chance to win one
of 35 pairs of tickets to the
show, answer the following:

**Q: In which month will
the Stitch and Craft Show
take place next year?**

A: January

B: February

C: March

To enter the competition,
telephone your answer - A,
B or C - to 0901 307 1670
along with your name,
address and phone number.

Alternatively text



YASTITCH (space) fol-
lowed by A, B or C, and your
name and full address to
63333.

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mobiles will cost consider-
ably more. Texts cost 50p
plus your standard network

rates. If you do not wish to
receive details on any other
products or services, please
text EXIT at the end of your
message.

Lines close on Wednesday,
December 22. Entries
received after the closing
date will not be counted but
you may still be charged.

Chemists



**Southend - Every Sun (10am-
8pm) and Mon-Sat (8am-
11pm), Chemist@Southend,
75 Queens Way; every Sun
(10am-4pm), Sainsburys, 45
London Rd and Asda Stores,
North Shoebury Rd,
Shoeburyness.**

**Leigh - Sun-Fri (8am-11pm)
and Sat (8am-6pm), Derix
Healthcare Pharmacy,
(opposite side of Leigh
Primary Care Centre), 1065
London Rd.**

Tides



**High tide at Southend Pier:
Thurs: 07.50 4.6m 20.34
4.7m Fri: 08.54 4.7m 21.32
4.9m Sat: 09.51 4.9m 22.24
5.2m Sun: 10.42 5.2m 23.11
5.4m Mon: 11.30 5.4m 23.55
5.5m Tues: 12.15 5.6m Wed:
00.39 5.6m 13.00 5.8m**

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Southend mum wins four bikes

By Karen Davis

A LOCAL mum has won four restored bikes in a council contest.

The competition appeared in Southend Council's magazine for residents, Outlook.

Dominike Kluczynska collected her prize last week with daughter Aimee and partner Jaroslaw from the ReCycle Centre in Brunel Road, Eastwood.

Dominike said: "I was delighted to hear I had won the competition."

"I bought myself a bike earlier this year but my daughter Aimee, who is four-and-a-half, has just learned to ride a bike without stabilisers so I will be keeping two of the bikes for when she is a little older."

Dominike will be giving the other bikes to her partner Jaroslaw and her friend, Anita Slotwinska.

The ReCycle Centre is an

initiative from the Cycle Southend team.

It is a hub of activity where discarded bikes are restored for use, where residents can learn cycle maintenance skills and where new cyclists are supported and encouraged.

Southend Council's executive councillor for planning and transport, Mark Flewitt, said: "The ReCycle Centre brings unwanted bikes back into use so they can be sold at low cost to help people into cycling. This helps people stay healthy and also helps the planet."

"Congratulations to Dominike and to the runners-up in the contest who won bike kits."

For more details about the ReCycle Centre or to donate your old bike, visit 2 Brunel Road, off Progress Road, Eastwood, call 07824 301609 or e-mail bikerecycle@southend.gov.uk



WINNER: Aimee Lucasik with mum Dominike Kluczynska, dad Jaroslaw Lucasik and Lawrence Adams, Caroline Lee and Richard Twomey from the ReCycle Centre.
Picture by Mark Cleveland

► speedread

Dancers hold festive party

A BALLROOM dance group is holding a Christmas party at St Aidan's Hall, in The Fairway, Leigh, tomorrow (Thursday).

The group used to meet at Lourdes Hall, but will be meeting at St Aidan's for tomorrow's event and when it reconvenes after a Christmas break on January 6, 2011.

The Christmas party starts at 8pm and costs £3.

Get some crime prevention help

SOUTHEND Crime and Disorder Reduction Partnership's Community Safety Roadshow will be visiting ASDA in North Shoebury Road, Shoebury, to offer crime prevention advice.

Personal attack alarms, purse chains, UV property marking kits and bicycle security tagging will be provided free of charge at the event, on Friday, December 17, between 10am and 4pm.

Southend Council's animal warden will also be available to microchip dogs at a cost of £16. For more information about the event, contact 01702 464199 or visit www.southendcdp.co.uk

Southend home burgled

BURGLARS ransacked a house in Southend and made off with a laptop.

The incident took place at Ingledene Court, in Horace Road, on Friday, November 19, at 10.25pm.

The intruders carried out a messy search of the home before taking the laptop, having broken in via the window.

If you have any information call PC Paul Wigington at Southend Police Station on 0300 333 4444 or call Crimestoppers on 0800 555 111.

Christmas bus timetable released

BUS company, Arriva, will be running a revised timetable over the Christmas and New Year period to take account of the changed demand for travel during that time.

On Christmas Eve, buses will run to normal Friday schedules for most of the day but the last buses on Services 1, 7 and 9 will be earlier than normal.

No buses will run on Christmas Day or on Sunday, December 26.

Sunday timetables will apply on Sunday, December 27, and Monday, December 28, aside from on Service 150, which will not run on the Monday.

For the three days between Christmas and New Year (Wednesday to Friday, December 29 to 31), most services will run to Saturday times but with early finishes on New Year's Eve for Services 1, 7 and 9.

The Wednesday only Service 10

between Rayleigh and Paglesham will run to its normal times on Wednesday, December 29, the Thursday only Shoppers' Service 17 from Southend to Tesco will run to its normal times on Thursday, December 30, and the Friday only Shoppers' Service 18 from Hawkwell to Tesco, Eastwood and Leigh will run to its normal times on New Year's Eve.

On New Year's Day, no buses will

run, but Sunday timetables will be operating on Sunday and Monday, January 2 and 3, 2011.

Normal services will resume on Tuesday January 4.

Arriva's publicity manager, Richard Lewis, said: "Full details of the special arrangements are shown at www.arrivabus.co.uk, in a leaflet which is available from the Travel Shop at Southend Travel Centre or by calling 0844 800 4411."

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It's panto time!

Enjoy a traditional pantomime

LIZ WADE rounds up the best traditional entertainment on offer at Essex theatres this Christmas

HAVE a magical time this Christmas by taking a seat at one of the many pantomimes and festive productions on offer throughout the area.

Whether you want to scale the beanstalk with Jack, ride on a magic carpet with Aladdin or go on a swashbuckling adventure with Peter Pan, here is all the information you need to boo and hiss your way through a production with the family this Christmas.

* Thameside Theatre, Grays - Robin Hood and the Babes in the Wood follows in the footsteps of last year's successful pantomime.

The production, which runs until January 9, 2011, has an amazing cast including Mark Siney as Nurse



FUN: Simon Fielding stars as Aladdin at the Towngate Theatre, Basildon.
Picture by Martin Dalton

Glucose and Kim Taylforth, who stepped into the role of the Forest Fairy just a week before the production took to the stage.

For further information, call the box office on 0845 300 5264 or visit www.thurrock.gov.uk/theatre

* Towngate Theatre, Basildon - Children's television star Simon Fielding is headlining an all-singing and all-dancing performance of Aladdin at the Towngate Theatre.

Take your seat at the theatre from now till January 3, 2011, and find out if the evil Abanazar can convince Aladdin to enter The Cave of a Thousand Dreams.

For tickets, call 01268 465465 or log on to www.basildon.gov.uk

* Civic Theatre, Chelmsford - Aladdin is also at the Civic Theatre, Chelmsford, until January 2, 2011.

The production, staged by One From the Heart in association with Chelmsford Civic Theatre, promises storybook sets, fantastic songs and glittering costumes, not to mention a real magic carpet.

For further information call 01245 606505 or visit www.chelmsford.gov.uk/theatres

* Cliffs Pavilion, Westcliff - One of the country's most popular family entertainers, Bradley Walsh, will take to the stage as Smee this Christmas, in the much-loved tale of Peter Pan.

The swashbuckling pantomime, which runs until January 9, 2011,

GET WELL SOON: The cast of the Life and Adventure of Santa Claus paid a visit to poorly children at Southend Hospital last week.
Picture by Mark Cleveland



is being staged by Qdos Entertainment - the world's largest pantomime producer.

For further information and tickets visit www.thecliffspavilion.co.uk or call 01702 351135.

* Queen's Theatre, Hornchurch - Eastern promise meets West End sparkle at the Queen's Theatre, thanks to an Aladdin's cave full of glitter and gold.

This year's fun-packed family panto runs until January 15, 2011, and is full of silly games, hilarious dames and a magic carpet ride.

For more, call 01708 443333 or visit www.queens-theatre.co.uk

* Sir James Hawkey Hall, Woodford Green - Start the New Year with some family fun at Sir James Hawkey Hall, in Broomhill Road, Woodford Green.

The Woodford Pantomime amateur dramatic group will celebrate 50 years of pantos with a production of Jack and the Beanstalk from January 2 to 16, 2011.

For further information, call 01279 423853 or visit www.woodfordpantomime.co.uk

* The Broadway, Barking - Another spellbinding production is entertaining families at The

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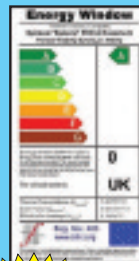
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with the family

Broadway theatre this Christmas.

Snow White, which runs until January 2, 2011, takes audiences on a magical adventure deep into the forest with amazing animals, quirky dwarfs and wicked Queens.

For further information and tickets call 020 8507 5607 or visit www.thebroadwaybarking.com

* Kenneth More Theatre, Ilford - Sleeping Beauty will be enchanting audiences at the Kenneth More Theatre during the festive season.

The production, which runs from December 16, to January 22, 2011, promises to be a lavish, traditional, fun-filled spectacular suitable for all the family.

For tickets, visit www.kmtheatre.co.uk or call 020 8553 4466.

* Palace Theatre, Westcliff - If you are looking for something different, why not take the family to see The Life and Adventures of Santa Claus at the Palace?

The show, which runs until January 2, 2011, is a magical way to find out how Santa Claus came to make toys in the first place.

For further information and tickets, call 01702 351135 or visit www.thecliffs pavilion.co.uk

* Brentwood Theatre,

Brentwood - The Christmas show at Brentwood Theatre is the story of The Plotters of Cabbage Patch Corner.

The production, aimed at children aged five to 11, will delight audiences up until December 30.

It tells the tale of the insects of Cabbage Patch Corner and their bid to beat Mr and Mrs Big One, by teaching them that they can all work together to make their garden perfect once more.

Some of the characters are voiced by theatre patron and star of TV's True Blood, Stephen Moyer, and his wife, Anna Paquin.

For tickets, call 01277 200305 or visit www.brentwood-theatre.org

* Riverside Ice and Leisure, Chelmsford - The longest running ice show in Essex will be delighting audiences with Treasure Island On Ice this December.

The show, which runs from December 15 to 19, is the centre's 18th annual production and offers magical entertainment for all the family as its cast of local skaters sail the seas in search of treasure - for more, call 01245 615089 or see www.chelmsford.gov.uk/iceshow



FAMILY-FRIENDLY: The cast of last year's production - Jack and the Beanstalk - at the Civic Theatre, Chelmsford. Picture by Martin Dalton

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ORDER: Roy Sutton has received an ASBO.

Persistent offender slapped with ASBO

By Karen Davis

A MAN who was involved in 55 separate incidents in eight months has been given an anti-social behaviour order (ASBO) after appearing before magistrates in Basildon last week.

Roy Sutton, 32, formerly from Basildon but now of no fixed address, received the order which will last three years.

Sutton is prohibited from asking strangers for money, threatening people and being

drunk in a public place.

Sergeant Ashley Holland, from Essex Police, said: "We have been called out to 55 incidents involving Roy Sutton in just eight months so this is a pleasing result for all the agencies who have worked hard to get this ASBO."

"Sutton's anti-social behaviour in Southend High Street and Hamlet Court Road has gone on for too long and we hope this ASBO will put an end to the negative impact he has on the town."



CAMPAGNING: Members of the South Essex College branch of the union UCU are protesting to save EMA. Picture by Mark Cleveland

Lecturers raise concerns over allowance issue

By Karen Davis

LECTURERS at a local college are campaigning to save the education maintenance allowance (EMA).

The allowance is set to be cut by the coalition government and has been one of the focal points for recent student demonstrations across the country.

The South Essex College branch of the lecturers union, UCU, joined the

Southend Against the Cuts march in Southend on Sunday, December 12, to publicly voice their concerns.

Many college principals up and down the country are concerned about the cuts.

When the UCU contacted Jan Hodges, principal of South Essex College, about the issue she said that she shared their concerns and had contacted local MPs about the matter.

► speedread

Pensioner avoids scam

AN ELDERLY woman narrowly avoided becoming the victim of a scam.

Two females approached the 80-year-old at around 2.30pm on Saturday, December 11, in a charity shop near the junction of London Road and West Road, opposite the Palace Theatre, Westcliff.

One of the women was trying to sell costume jewellery to the elderly lady in the shop and was placing items around her neck, but in doing so, the suspect actually removed the lady's own gold necklace.

The lady realised what was happening and managed to snatch back her chain from the women, who then made off - if you have any information, contact PC Rodway at Leigh Police Station on 0300 333 4444.

New children's centre opened in Southend

A NEW Sure Start Children's Centre opened in Southend last week.

The centre, in Hamstel Road, Southchurch, was developed in partnership with Hamstel Infant School and Nursery, Southend Council and South East Essex Primary Care Trust.

For further details about the new centre, call Imelda Callowhill on 07712 095401.

Get on the dancefloor

NEW dance classes are being launched across the borough next month.

Sway Dance will start on Saturday, January 15, at Chase Sports and Fitness Centre, Shoeburyness Leisure Centre and Southend Leisure and Tennis Centre.

Participants can work towards nationally recognised dance qualifications and the classes are suitable for all age groups.

For further information, contact Shoeburyness Leisure Centre on 01702 293558. For details of the classes at Southend Leisure and Tennis Centre, call 01702 613000.

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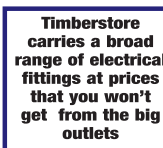
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Family's tribute after tragic road accident

By Matthew Stanton

'OUR thoughts go out to the driver' – the family of a popular man who was hit by a car crossing a Southend road have spoken of their grief.

Friends and relatives of Benjamin Alexander, of Hastings Road, Southend, recalled the events leading to the incident on Queensway at the junction of York Road on Saturday at around 2.50pm.

Those closest to the 'happy go lucky' 26-year-old claimed he had hesitated while stepping out into the road, before being hit by an oncoming vehicle.

Benjamin had an older brother, Dan, and two adopted siblings, David and Elizabeth.

Elizabeth had just married Benjamin's brother-in-law, in June, who had invited him to be his usher.

The animal lover, who was known for his 'dancing, smiling and impressions', had recently finished volunteering at Jubilee Lodge, in London, helping people with disabilities and even worked in a specialist brain unit in a hospital in Leicester.

Housemate Sarah Woodford, 32, moved down to Southend with Benjamin - also known as Ben - three years ago to live a 'better life' after meeting him in Leicester in 2000.

She said: "Ben was the most loving, genuine and trustworthy person I have ever met. I was seen as a sister to him."

"We had just spoken about getting a Christmas tree and enjoying



TRAGIC: Tributes placed at the scene of the accident.
Picture by Mark Cleveland

Christmas together when he left to meet a friend in the town.

"Ben had just seen his family in Leicester and was in a spirited mood. Then I got the phonecall from Essex Police about the accident. We are all heartbroken."

Ben's parents, Audrey and Steve, did not wish to comment directly but Miss Woodford, who claimed to represent the family, issued the following statement on their behalf.

It read: "We could not have wished for a more lovely son. He is now with the angels in heaven."

"We want to get the message across that this was an accident and

our thoughts go out to the driver and his family.

"We also want to thank the passer by who comforted Ben in his last moments."

A post mortem will be carried out before funeral preparations are planned in Leicester.

A memorial event will also take place at Zinc Nightclub in Southend tomorrow night (Friday).

Anyone who saw what happened or has information about events leading to the collision should contact the investigating officer, PC Gill Brettell, at Laindon Road Policing Unit on 0300 333 4444.

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School places

SOUTHEND families with children due to start school in September 2011 are reminded that Saturday, January 15, is the closing date for applications.

Parents with access to the internet are urged to apply online at www.southend.gov.uk

Paper copies of the application form are available by calling 01702 215007, ext 5942.

Business boost

THE LATEST statistics from HM Revenue & Customs show that businesses from the East of England are leading the way when it comes to economic recovery.

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Asthma help

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PERFECT PARKING: c2c manager Kevin Haffie with representatives from Southend Council, Cycle Southend, the CDRP and Operation Velo.

New parking area for bicycles open

By Karen Davis

A NEW cycle parking area was opened at Southend East Railway Station last week.

The new covered two-tier parking area, on the north side of the station, has been installed to allow 60 bikes to be stored while their owners use the train.

The area will be protected with lighting and CCTV.

This is set to be expanded before March 2011, as another 80 spaces of two tiered parking will be installed on

the south side of the station.

The cycle parking on the south side of the station is being installed by c2c as part of a package of major improvements at the station.

Councillor Mark Flewitt, Southend Council's executive councillor for transport and planning, said: "This is great news for those who want to reduce their carbon footprint and cycle to the station, but until now did not have anywhere to put their bicycle."

"This new facility ensures that they can cycle to the sta-

tion and carry on their journey to work with the knowledge that their bicycle is being stored in a reliable and safe place."

Hugh Jennings, head of retail for c2c, said: "We are delighted to be working with Southend Council to improve cycle parking facilities at Southend East Railway station."

"These improvements will be warmly welcomed by our customers and will significantly enhance their experience of the station."

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Time stops in Southend town centre

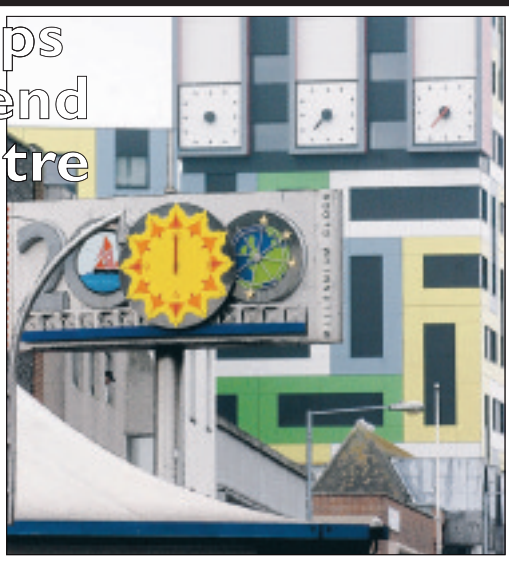
HAS time stood still in Southend town centre?

Both the Millennium clock provided by Southend Council and Essex University's 'three piece clock' are broken.

Both the council and the university failed to comment on the situation, so for the time being... has anyone got the time?

LOOK, NO HANDS: Both the student accommodation clock and the Millennium clock in Southend town centre are broken.

Picture by Mark Cleveland



Free parking over Christmas period

SOUTHEND Council is offering free town centre parking on Thursdays and Sundays over the Christmas period.

Free parking will be available after 4pm on Thursdays, December 16, 23 and 30, and all day on Sundays, December 19 and 26, at the following locations:

- Clarence Road.
- Elmer Approach.
- Essex Street.
- Warrior Square.
- Elm Road, Leigh.
- North Street, Leigh.
- Ceylon Road.
- Thorpe Broadway.
- University Square.
- Tylers Avenue.
- London Road North.

· York Road Market.

The council's parking contractors, APCOA, will also be trialling a free pay-by-phone opportunity for motorists parking on the seafrost.

This will run in conjunction with the existing pay and display coin machines and the results of the trial will be reviewed in the spring.

For more news, log on to www.yellowad.co.uk

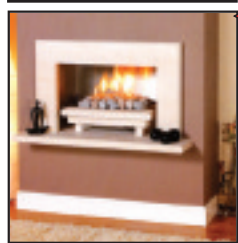
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Housing organisation gets 'excellent' rating

A SOCIAL housing organisation has become the first in the country to be assessed as operating at an excellent standard for its equality practices.

The recognition for the arms length management organisation (ALMO) at South Essex Homes, which manages some 6,000 council properties in Southend, reinforces its commitment to delivering excellent customer care.

Equality is an increasingly important issue at South Essex Homes - 44 per cent of its tenants are over 60, 30 per cent have a disability and nine per cent are from a black or Asian minority ethnic background.

South Essex Homes chief executive, Mike Gatrell said: "Equality is not about treating everyone the same, but about recognising they have individual needs to be met in different ways."

"We work with a diverse community and have always been proactive in promoting equality, but it is fantastic to be the first housing organisation

in the country to have this commitment recognised by the LGID."

Southend Council's executive councillor for adult social care, health and housing, Anna Waite, said: "I am pleased South Essex Homes has been officially recognised for the work it has been doing

on equality and diversity."

"I would like to congratulate South Essex Homes and hope they continue to make progress to benefit the borough's residents."

Local Government Improvement and Development (formerly the IDeA), supports

improvement and innovation in local government, focusing on the issues important to councils and tenants and promoting the sharing of best practice.

For more information about the Equality Framework for Social Housing, visit www.idea.gov.uk

Children's services 'above average'

CHILDREN'S services in Southend are performing above average, according to Ofsted's latest inspection.

The education watchdog has published a favourable rating for the quality of services provided for the borough's younger residents. Inspectors reported that:

■ A large majority of all types of services, settings and institutions inspected by Ofsted were 'good or better'.

■ Much of the borough's childcare and many primary schools was 'good or better'.

■ The quality of secondary schools had improved in the last year, with two more being judged 'good' in the recent inspection and a relatively high number 'outstanding'.

■ An unannounced inspection of frontline child protection services found much that was strong and no issues that appeared to be putting children whose circumstances were vulnerable at risk.

■ Morale was high among social workers and there was a strong commitment to improve frontline services.

Southend Council's corporate director of children and learning, Paul Greenhalgh, said: "This assessment reflects the terrific work being undertaken across the spectrum of children's services."

"We have not just maintained but managed to build on our good performance from last year. However, we won't be resting on our laurels and will be taking note of all the comments made by the inspectors to see how we can continue to develop this officially recognised success."

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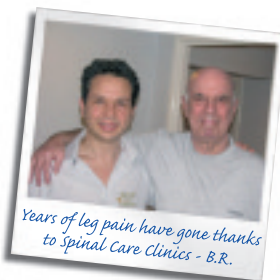
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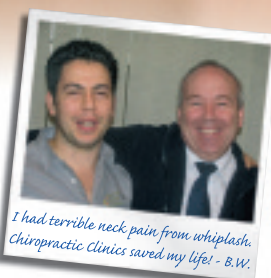
Thanks guys for allowing me enjoy bicycling again. M.H



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www.basildonchiropractic.co.uk

GUILTY: Karl Wills.



A WESTCLIFF man has been sentenced to 23 years in prison for the murder of a French chef.

Karl Wills, 22, of Cranley Road, was given the prison term at Chelmsford Crown Court on Monday after killing Reynald Duchene, of Arlington Square, South Woodham Ferrers, on Saturday, June 26.

The court heard how the 37-year-old was stabbed in the chest following an altercation as he left the Royal Philharmonic Opera Concert in Priory Park, Southend, with his fiancée Paula, her children and friends.

Mr Duchene died after being stabbed once through the heart, causing massive internal bleeding.

TRAGIC: Reynald Duchene with his mother, Francine Beyles.



College finds its own X-Factor

By Karen Davis

A COLLEGE has held its own answer to The X-Factor.

South Essex College hosted the We've Got Talent contest last week, and the winner of the closely fought competition was 16-year-old beatboxer, Connor Purchase.

The first year Public Services student, from Rayleigh, ultimately wants to tread the beat as a police officer but he hit the beats of a different kind with his beatbox performance.

Connor 'warmed up' for his college performance the previous Sunday by auditioning for the forthcoming series of Britain's Got Talent, where he also performed in front of a set of judges and hopes to find out early in the New Year if he has made it through to the televised auditions.

Connor said: "Performing at the college was definitely more nerve wracking. It's crowds that do it - you look up and see hundreds of people and you're, like, 'wow'.

"Winning We've Got Talent 2010 has been a massive confidence boost though and once you've done it, you know it's achievable.

"It sets in your head that you know you can do it, so hopefully it will bode well for Britain's Got Talent."

The college event also featured a

THE ESSEX FACTOR:
Connor Purchase won the talent competition at South Essex College.



panel of experts made up of music lecturers Hayley Hill and Caroline Doolin and BA (Hons) Business Studies student, Stephen Watson - a budding entertainment entrepreneur and organiser of the college's Laughing Pod comedy nights.

Events co-ordinator, Esther Hamilton-Dick, said: This event is one of the real highlights of the year and is a great reminder of the incredible talent we have within the college."

Connor agreed that it was a great opportunity to mix things up a little bit and meet new people.

He added: "The college is a big

place and when you leave school, you're out in the big wide world.

"It can be hard to make friends again and although you make friends within the classroom, doing something like this gives you the chance to get your face about and meet new people."

Taking second place in the competition were singer and acoustic guitar player, BA (Hons) Music Practice students Joseph Halamandres, 21, of Rochford and Nathan Lamb, 21, from Southend.

The third place spot was filled by singer/song writer Yasmin Samadi, 16, of Rochford.

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Children's centres support appeal

PARENTS and children attended coffee mornings to help raise money for the Bosom Pals appeal.

Users of Hamstel Children and Family Centre and Leigh and West Leigh Children's Centres showed their support as part of Breast Cancer Awareness Month.

Bosom Pals is a charity that supports the breast care unit at Southend Hospital and provides support for women and their families affected by breast cancer. Bosom Pals are in the process of raising £750,000.

Teenager robbed

A TEENAGER has been robbed at knife-point in Westcliff.

The 15 year-old boy was approached by a group of three men on Wednesday, December 8, between 9.15pm and 9.30pm as he walked along Prittlewell Chase.

One of the men was holding a large kitchen knife and demanded that the boy handed over his mobile phone, which he did before running off.

The stolen phone was a Blackberry handset with an estimated value of £150.

All three suspects were black and in their late teens.

The man holding the knife was wearing a shiny black bomber jacket and black cargo trousers. One of the other men was wearing a black check-stitched jacket - if you have information, call PC Emma Ridgwell at Southend Police Station on 0300 333 4444.

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For details, visit its showroom at 2 Main Road, Hockley, call 01702 205853, or visit www.seemoreglass.co.uk

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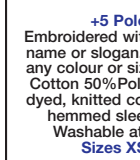


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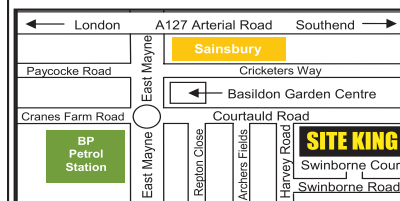
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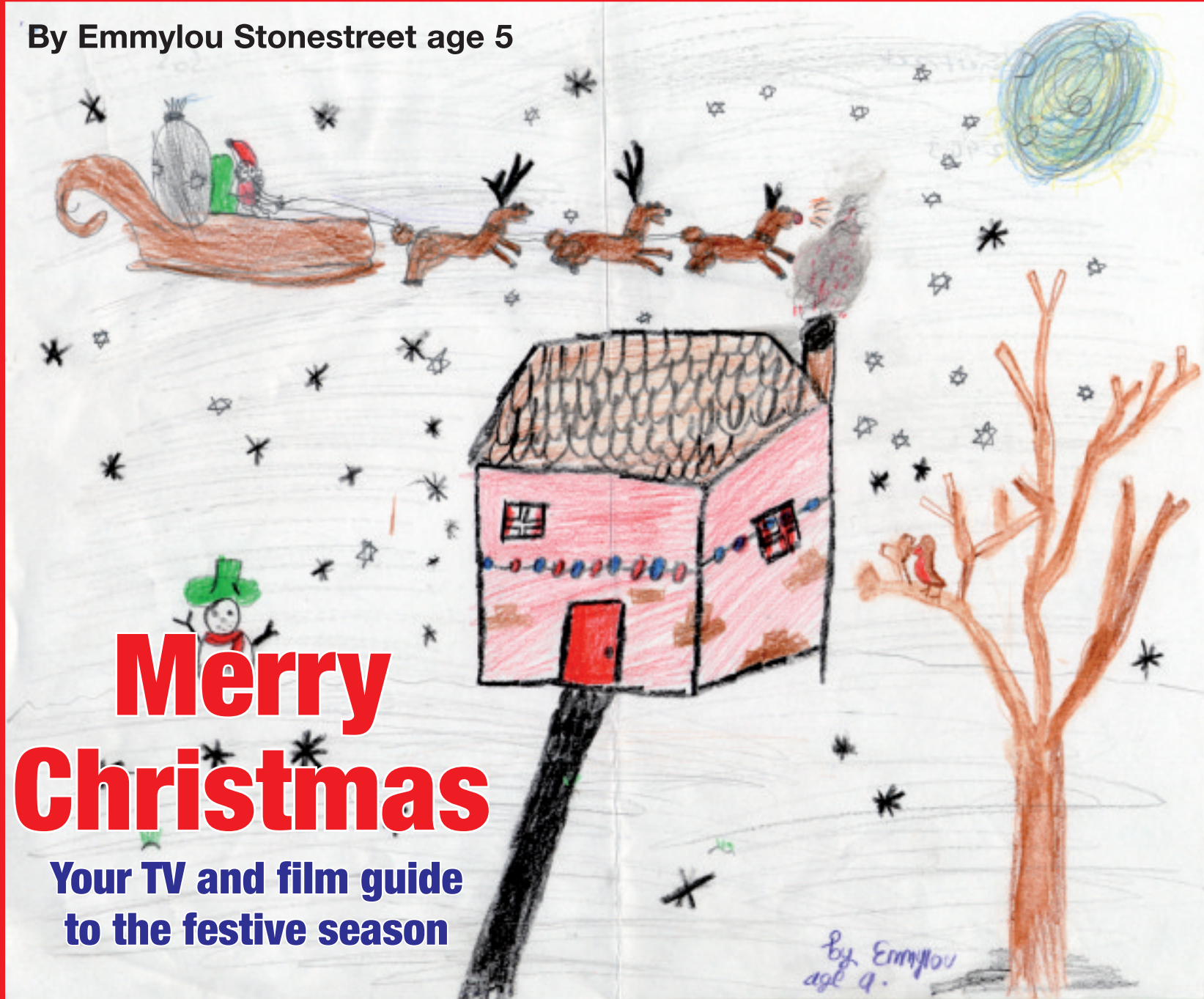
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10 ways to beat the Christmas stress

1 SHOPPING PANIC: It's late afternoon on Christmas Eve, you're exhausted, laden down with shopping bags, and you still need to find one more gift! Sound familiar?

DE-STRESS SOLUTION: Before you even hit the shops, take a vitamin supplement like Seven Seas' new Multibionta Boost, which contains vitamins and minerals that help energy release, plus ginseng and guarana - perfect for that hectic shopping trip! (£4.29, from most pharmacies and health food shops.)

2 MOTHER-IN-LAW MAYHEM: There's nothing worse when you're slaving away in a hot kitchen, than for your mother-in-law to poke her nose in and criticise your cooking.

DE-STRESS SOLUTION: Set 'mum' to work chopping vegetables, or ask her to make you a nice cup of herbal tea. Try Pukka Herbs Relax Vata Tea, made with a calming blend of chamomile, fennel and marshmallow root (£2.09 for 20 sachets, from www.pukkaherbs.com). It's just the antidote to a touch of nagging!

3 KIDS ARE CRACKERS: The school holidays have started and the children are more excited and bouncy than ever, expecting you to be on hand to see to their every need.

DE-STRESS SOLUTION: Take some 'me' time each day once the kids have finally gone to bed and pamper yourself with a relaxing bath. Try Dead Sea Aromatherapy Bath Salts with frankincense oil and rose petals to get you in the festive mood (£5.99 per 500ml, from Boots). Then snuggle up in



a Slanket, last year's must-have cosy accessory (£24.99, from www.firebox.com), with a good book and light a relaxing candle. Try Cowshed Lazy Cow Soothing Room Candle, £28, from www.bathandunwind.com.

4 NO MORE NIGHTMARES: The ever-growing Christmas 'to do' list and fears about the impact of all those extra calories consumed are keeping you awake at night. And less sleep means more stress.

DE-STRESS SOLUTION: Lull yourself to sleep with a soothing foot massage. Try HoMedics Snuggly Bear Massaging Booties, £19.99, available at Argos and Next, or try Kalms Night One-a-Night (£4.99 for 21 tablets, from most supermarkets and pharmacies) which contain valerian, an ancient medicinal herb, that helps to ward off anxiety.

5 MONEY WORRIES: It's only too tempting to splurge at Christmas, when there are so many people to buy presents for and all that tempting food in supermarkets.

DE-STRESS SOLUTION: Make sure you draw up a realistic budget well in advance for the big day and only spend what you can afford. Shopping online will save you money and make sure you opt for free delivery. Also, send e-cards instead of real ones to save on postage and visit websites like <http://shopittome.co.uk> for voucher codes.

6 LAZY HUSBAND SYNDROME: You're busy writing Christmas cards, wrapping presents and running round the supermarket buying the turkey, while your other half relaxes on the sofa watching Star Wars.

DE-STRESS SOLUTION: Take him in hand and give him a list of practical things he can do to help. If you're feeling cheeky, hand him a Hoover Jovis Handheld Vacuum Cleaner and get him to give the house a quick once over to get rid of pesky cake crumbs (£59, available from all good electrical retailers).

7 COOKING LIKE CRAZY: On the big day itself, you'll be on your feet for hours, slaving over Christmas dinner and, unless you have Santa's little helpers, there'll be no time for a break.

DE-STRESS SOLUTION: Tisserand

DeStress Roll-on Remedy, with soothing patchouli oil, is perfect for frazzled moments (£4.95, from Boots) or try a few squirts of Neals Yard Calm Spritzer, instant calm for face and body in a bottle, £11.99, from www.bathandunwind.com.

8 FESTIVE FAMILY FEUDS: You haven't seen most of your family all year and you don't even get on with half of them. Now, they're suddenly all in your home and rows could break out at anytime.

DE-STRESS SOLUTION: Distract them! If you've still got a to-do list to get through, give everyone a task, or get them all together and play a classic board game to get everyone in the spirit and forget their differences.

9 CALORIE-FEST: You've overindulged and now you're worried about the extra inches around your waist, not to mention the hangover and indigestion.

DE-STRESS SOLUTION: A quick fix is to drink some water! It sounds simple, but when you're feeling tempted to indulge, a glass of water can stop hunger pangs. Try drinking a pint of water before all meals to suppress your appetite, go for crisp winter walks and send any leftovers home with your guests.

10 CHRISTMAS BLUES: When the family has gone and Christmas is packed away, the adrenaline will stop pumping and you could easily feel a bit low or even catch a cold.

DE-STRESS SOLUTION: Give your immune system a boost with Multibionta Immune Support (£7.99 for 30 tablets, from Boots), which also contains probiotics to help your tummy after all those rich foods.

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ACROSS

- 1) It may be tied up for the present... (6)
- 4) ...and a way to make it more attractive (4-4)
- 9) During the festivities it's high - and could make you so (6)
- 10) It's suspended just before Christmas (8)
- 12) I'd be around to stay, maybe for Christmas (4)
- 13) He has authority to look around a neat stablemate of Jesus (5)
- 14) French wine has nothing on the Italian kind (4)
- 17) Welcome to a king, possibly, delivered at Christmas (8,4)
- 20) Revises match, perhaps, for December 24 (9,3)
- 23) Check half of 2 down (4)
- 24) Is about to study religious pictures (5)
- 25) Travellers may seek them in opposite directions (4)
- 28) They may be held to be illuminating by more than one 30 across (8)
- 29) Soon a number enter for a drink maybe (6)
- 30) An outstanding singer? (8)
- 31) Listen perhaps to a strangely silent addition to the Xmas tree (6)

DOWN

- 1) They hold corresponding items, like 1 and 17 (8)
- 2) A means of advancement for Santa Claus (8)
- 3) Arab prince in the miracle play (4)
- 5) Exhilarating - as the Christmas spirit may be? (12)
- 6) Gathering for food (4)
- 7) Fruit for the Christmas cake is in the rain, but dried (6)
- 8) Glutton takes a long time to finish the bird (6)
- 11) Open anger - by gum (12)
- 15) Feeling irritated? (5)
- 16) Lands in the Near East (5)
- 18) Broken one ruins family gatherings (8)
- 19) Change a lesson about a description of winter (8)
- 21) Broken pencil or fountain pen held up some of the fun (6)
- 22) Christmas meal inside the German inn (6)
- 26) Meat for the prodigal son? (4)
- 27) Wise men having a different image out East (4)

SOLUTIONS
Across 1 - 1 PARCEL 4 GIFT-WRAP 9 SPIRIT 10 STOCKING 12 BIRD 13 PROXY 14 VINO 17 GREETING CARD 20 CHRISTMAS EVE 23 REN 24 ICONS 25 INNS 28 LANTERNS 29 SALOON 30 CAROLLER 31 TINSEL
Down 1 - POSTAGE 2 REINDEER 3 EMIR 5 INTOXICATING 6 TUCK 7 RAISIN 8 PIGEON 11 NOEL 11 PFANNKUCHEN 15 TCHY 16 AREAS 18 FEUNIONS 19 SEASONAL 21 FROLIC 22 DINNER 26 VEAL 27 MAGI

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Get the kids involved in the kitchen

MARSHMALLOW SNOWMEN

INGREDIENTS

- 200g large white marshmallows
- Brown writing icing
- Coloured liquorice strips or fruit leather
- Chocolate-coated mint sticks (e.g. Matchmakers)
- Large chocolate drops
- 100g white mini marshmallows
- Icing sugar, for dusting
- About 10 cocktail sticks

METHOD

Place the marshmallows on a tray. Push 2 large marshmallows on to each cocktail stick. Ask an adult to trim off any of the stick that is poking out of the top.

Using the writing icing, pipe dots and lines of icing to make the eyes, nose and mouth. Cut the liquorice strips or fruit leather into thin strips and carefully tie around the snowman's neck for a scarf. To make the arms, break the chocolate-coated mint sticks in half and push into the sides of the large marshmallow.

Pipe a small blob of icing onto the top of the snowman's head and position a large chocolate drop on top. Pipe another blob of icing in the middle of the chocolate drop and stick a mini-marshmallow on the very top.

Finally, using the writing icing again, pipe dots down the front of the snowman to look like buttons.

Keep making snowmen like this until you have as many as you need to make a fabulous winter wonderland!

To serve, scatter icing sugar over the serving dish, arrange the snowmen on top and dust lightly with more sugar.

(Recipe from Christmas Cooking With Kids by Annie Rigg published in hardback by Ryland Peters Small, priced £14.99. www.ryland-peters.com)

CHRISTMAS COOKIES

INGREDIENTS

- 125g butter, softened
- 50g icing sugar
- 1 medium egg
- 1tsp vanilla extract
- 225g plain flour
- 225g icing sugar
- 2_tbsp warm water
- Shaped cookie cutters and sugar sprinkles to decorate

METHOD

Put the butter in a large bowl beating it until smooth. Sift in the icing sugar and beat again. Break the egg into a bowl.

Add the vanilla extract and beat well. Add the mixture to the large bowl a little at a time, beating as you go. Add the flour and stir the mixture until it starts to form dough. Use your hands to mix.

Wrap the dough in plastic food wrap and put in the fridge for 30 minutes. Heat the oven to 180C/Gas 4.

Unwrap the dough and put it on to a clean surface. Roll it out and use the cutters to cut out lots of shapes. Bake for 10-



12 minutes on two greased baking trays until golden. Leave on the trays for five minutes, then put on a wire rack to cool. For the icing, sift the icing sugar into a bowl and mix it with warm water. Spread

onto each cookie with a blunt knife. Scatter sugar sprinkles on top.

(Recipe from the Christmas Baking Book For Children published by Usborne First Cookbooks, priced £9.99, visit www.usborne.co.uk)

CHRISTMAS TREE CAKES

INGREDIENTS

- 100g self-raising flour
- 100g soft margarine
- 100g caster sugar
- 2 eggs
- Paper cake cases, two baking trays with shallow pans
- Assorted sweets
- 50g butter or margarine, softened
- 100g icing sugar, sifted
- Green food dye
- Squeeze of lemon juice or a few drops of vanilla essence

METHOD

Heat your oven to 190C/Gas 5. Break the eggs into a cup. Sift the flour into a big bowl. Add the caster sugar, eggs and margarine and stir everything together until you get a smooth, creamy mixture.

Half-fill each case with the cake mixture and bake for about 20 minutes, then leave on a wire rack to cool.

For the butter icing, put the butter in a bowl and stir with a fork until creamy. Add some icing sugar to the bowl and stir. Mix in the rest of the icing sugar a little at a time. Stir in the green food dye a drop at a time until green. Add the lemon juice or vanilla essence. Spread the butter icing on top of each cake and press the sweets into the icing to make different patterns on the cakes.

Arrange the cakes in a Christmas tree shape, place a star-shaped biscuit at the top and put a chocolate bar at the bottom for a trunk.

(Recipe from 30 Christmas Things To Cook And Eat published by Usborne, priced £5.99. Available now. www.usborne.co.uk)

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An insight into the mind of Poirot

David Suchet plays the mustachioed detective in Agatha Christie's Poirot: Murder On The Orient Express, a feature-length episode for ITV1 on Christmas Day. The actor talks about why it gives the best insight into Poirot's character so far, and how the episode is darker than the Seventies film of the same story.

By Celia Paul

THE transition from debonair, classically-trained actor to eccentric detective involves all manner of props and padding.

But David Suchet confesses there's one simple act which transforms him into Agatha Christie's most famous creation, Hercule Poirot.

"The thing that really tips me into the character, where I feel I can't be David Suchet any longer, is putting on the moustache," explains the 64-year-old actor.

"Poirot's moustache is not intrusive, but it does restrict a certain movement of the top lip and that changes the way I sound and how I move my face."

In the 21 years since he first took on the role, Suchet has tackled many of Christie's stories, but this Christmas sees the long-awaited adaptation of the most celebrated whodunit of them all - Murder On The Orient Express.

"I can't give too much away, but suffice to say it takes Poirot to the very depths of his own world view and his own sense of right and wrong at a time when he's already suffering from a sense of his own blood guilt," says Suchet.

The feature-length episode, which

co-stars Dame Eileen Atkins, David Morrissey, Toby Jones and Hugh Bonneville, sees Poirot travelling home from Istanbul on the famous train after a challenging case.

Asked to protect a ruthless American businessman, Poirot turns him down, only for the man to be murdered in his compartment in the middle of the night.

"The story is iconic because it's the journey of Poirot, as much as the journey of the Orient Express," stresses Suchet.

This version of the story is far darker than the well-known 1970s movie version and, Suchet adds, reveals more about the inner workings of Poirot's psyche.

"After 21 years, I have to say I'm still as passionate and enthusiastic as ever. I think that's because for every story that I film, I learn a little bit more about the man I play."

This case, he says, forces the detective to question his firmly held views on justice and retribution: "He believes very strongly in right and wrong, and he's made to touch a humanity within himself that he's never had to touch before."

In person, Suchet cuts a slight, elegantly dressed figure. Each time he returns to the role of Poirot, he dons a fat suit he fondly refers to as an "armadillo", as well as that

famous moustache.

"I'm not, thankfully, as fat as my character," he laughs. "The suit is layered, so that when I sit down it will concertina into itself, and when it's hanging up on its own little coat hanger it looks like plates - like an armadillo."

Before accepting the role of Poirot, Suchet spent 15 years at the Royal Shakespeare Company, and he still returns to the stage regularly - most recently in a hit West End production of Arthur Miller's All My Sons.

But he cheerfully admits that in every audience he can spot a few dedicated Poirot enthusiasts, and he's used to being stopped in the street by fans.

"I will find myself being recognised now wherever I go in the world," he says. "We're in over 100 territories and viewed by, I'm told, over 500 million people. It makes me feel very daunted. I have a huge responsibility never to slack, never to take the easy road, but to do the best job I possibly can."

So what is the enduring appeal of the detective story, and more particularly of Agatha Christie's best-known character?

Suchet thinks the answer lies both in Poirot's old-fashioned eccentricities and in the stark differences between Christie's characters and



SLEUTH: David Suchet as Hercule Poirot. PA Photo/ITV

the modern detectives portrayed in most TV dramas.

"He's certainly not the modern detective. I mean you can't put him with Wallander or any of these hard, gritty detectives."

"He's unique - and not like Marple, who is not a professional detective. He's in a world and class of his own,

with his own little genre, his own funny little way of living and his own particular way of looking at life. I think people have latched on to that, and find him very good company."

■ Agatha Christie's Poirot: Murder On The Orient Express is on ITV1 on Christmas Day.

Sale starts 29th December



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Pawnbrokers, said: "We are all individual retailers in the street offering that little bit more than the bigger chains."

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crystal jewellery and ceramics, to leather goods and an ever-increasing selection of contemporary womenswear from top international designers.

Those looking for a traditional meal whilst out shopping can dine at Van Looy's Fish and Chips Restaurant, or take a bite to eat away with them to enjoy at home.

The fully licensed restaurant and takeaway offers a range of quality fish as well as other favourites, and has value-for-

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For all your other needs there is a new local convenience store, Big News 4, which offers newspapers, magazines and sundries up until 11pm every day, which is ideal for those forgotten bits on the way home.

With the strain of Christmas shopping trips and festive journeys ahead, why not check your car is in tip top condition for the winter

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Christmas Eve TV

BBC1

6.00 Breakfast. 9.00 CBBC: Horrible Histories: Horrible Christmas. 9.30 The Slammer. 10.00 Christmas Saturday Kitchen. 11.30 FILM: The Santa Clause 2 (2002). Disney comedy adventure sequel, starring Tim Allen. 1.10 BBC News/Weather. 1.25 Regional News/Weather. 1.35 Only Fools and Horses. 2.35 Jimmy's Food Factory. 3.05 FILM: Cars (2006). Premiere. Pixar animated adventure, with the voices of Owen Wilson and Paul Newman. 4.55 Shrek the Halls. 5.15 FILM: The Chronicles of Narnia: Prince Caspian (2008). Premiere. Fantasy adventure sequel, starring Ben Barnes. 7.35 BBC News. 7.50 BBC London News/Weather. 8.00 EastEnders. The Christmas Eve festivities are in full swing at the Vic, but the mood quickly changes when Janine walks in holding Lauren's phone, planning to play David's murder confession.

8.30 My Family. Susan organises a children's Christmas party, and when Santa falls ill, Ben steps into his shoes. Rob Harris and Ainsley Harriott guest star. 9.30 Gf. Stephen Fry presents as Harry Potter actor Daniel Radcliffe, star show host Graham Norton, comedian Lee Mack and regular Alan Davies answer questions on the theme of focus pocus. 10.00 Have I Got News for You Christmas Special. Festive edition, hosted by Alexander Armstrong. 10.30 The Graham Norton Show. Graham presents a festive helping of comedy and chat, with guests including Little Britain boys David Walliams and Matt Lucas. 11.15 The National Lottery: 25 Christmas Millionaires. CJ Borg and Mylene Kass present the UK Millionaire Super Raffle. 11.30 BBC News/Weather. 11.45 Midnight Mass. The first service of Christmas, at Liverpool's Metropolitan Cathedral of Christ the King. Led by the Archbishop of Liverpool/Weather. 1.15 FILM: The Money Pit (1996). Comedy, starring Tom Hanks and Shelley Long. 2.40 BBC News.

BBC2

6.00 CBeebies: The Large Family. 6.10 Charlie and Lola. 6.30 CBeebies. 6.40 Zoo Lane. 6.45 Postman Pat. 7.00 CBBC: League of Super Evil. 7.15 Sam & Mark's Guide to Dodging Disaster. 7.40 Little Howard's Big Christmas Question. 8.05 Elliot Rod. 8.20 Pinky and Pecky: It's Christmass! 8.35 Shaun the Sheep. 8.45 Animal Park: Wild in Africa. 9.30 Climbing Great Buildings. 10.00 FILM: The Fox and the Child (2007). Premiere. Drama, starring Benille Noel-Brunoau. 11.30 FILM: Suspicion (1941). Thriller, starring Cary Grant. 1.05 FILM: She Wore a Yellow Ribbon (1949). Western, starring John Wayne. 2.45 Mozart's Don Giovanni from Glyndebourne. 5.45 Celebrity Eggheads. 6.15 Dad's Army. Mairnearing organises a Christmas treat. 6.45 Carols from King's. A festive concert from the Chapel of King's College, Cambridge, featuring a recital of the Nativity and carols performed by the chapel choir. 8.00 Edwardian Farm. Alex Langlands and Peter Ginn set sail on a fishing trip, steering a wind-powered vessel, casting a net and mastering sea shanties. Meanwhile, Ruth Goodman holds a seance. 9.00 Whistle and Tl Come to Yoo. John Hurt stars in this spooky tale based on the Edwardian ghost story, about a man haunted by an apparition he sees on a desolate beach. Gemma Jones and Lesley Sharp co-star. 9.55 The Merry Faces of Alison Steadman. The Liverpool-born actress reminisces about her career, including her early screen appearances, what drove her choices — for good or bad — and their consequences. Alison appears in the next two programmes on BBC2. 10.55 Gavin & Stacey Christmas Special. The couple make a surprise announcement. 11.55 The Worst Christmas of My Life. Howard takes baby Emily to visit Father Christmas. 12.25 The Goodies and the Beanstalk. 1.10 Medium. 1.55 Medium. 2.35 Close.

ITV1 London

5.30 ITV Morning News. 6.00 Daybreak. 6.30 Lorraine. 9.25 This Morning: Christmas Crackers. 10.40 FILM: Casper (1995). Family comedy, starring Christina Ricci. 12.30 ITV News/Weather. 12.45 London News/Weather. 12.55 FILM: Miracle on 34th Street (1994). Christmas family drama remake, with Richard Attenborough. 3.00 FILM: The Queen (2006). Oscar-winning biographical drama, starring Helen Mirren. 4.55 Countrywise at Christmas. 5.55 The Santa Files with John Sergeant. 6.50 ITV News/Weather. 7.00 Emmerdale. Chas remains uncertain on the eve of her wedding, struggling to decide between her love for Carl and anger about his affair. Aaron sneaks into the hospital to visit Jackson. 7.30 Coronation Street. The residents gather for a memorial card service, but the singers fall silent when Tracy Barlow returns to the Street. Prayers are said at the hospital for an ailing child. 8.00 You've Been Framed Christmas. Harry Hill narrates a festive edition of the home video show, featuring Christmas catastrophes caught on camera. 8.30 Coronation Street. Becky fights her corner when Tracy heads to the pub and demands to see Amy. A broken family reunites to celebrate Christmas and an agitated Gary cracks up. 9.00 Paul O'Grady's Christmas. Festive fun with guests including singer and actress Bette Midler, TV personality Cilla Black, world heavyweight boxing champion David Haye and Emmerdale star Danny Miller. 10.00 ITV News at Ten/Weather. 10.15 FILM: The Holiday (2006). Two single women living on opposite sides of the Atlantic swap houses over the Christmas holidays. Romantic comedy, starring Cameron Diaz, Kate Winslet, Jack Black and Jude Law. 12.45 Christmas Tales: Angels. 1.40 FILM: Dead Calm (1989). Suspense thriller, with Nicole Kidman and Sam Neill. 3.20 ITV Nightscreen.

Channel 4

6.00 Sail Mail. 6.05 The Teacup People. 6.15 Yo Gabba Gabba. 6.40 Freshly Squeezed. 7.10 Frasier. 7.35 According to Jim. 8.00 Olive the Other Reindeer. 9.00 T4: Friends. 9.30 T4: Friends. 10.00 T4: The Simpsons. 10.30 T4: Cheryl Cole T4 Special. 10.45 T4: Glee. 11.40 FILM: Jingle All the Way (1993). Comedy, starring Arnold Schwarzenegger. 1.20 The Snowman. 1.50 Prep & Landing. 2.20 Celebrity Come Dine with Me. 3.00 Celebrity Come Dine with Me. 3.35 Celebrity Come Dine with Me. 4.25 Celebrity Come Dine with Me. 5.00 Deal or No Deal: Scrooge or Santa. 6.00 FILM: A Christmas Carol: The Musical (2004). A miser is encouraged to change his ways by a Christmas Eve visit from a series of ghosts. Musical based on the Dickens story, starring Kelsey Grammer and Jennifer Love Hewitt. 7.40 Channel 4 News. 8.00 One Born at Christmas. New series. Live footage of babies being born on Christmas Eve at Princess Anne Hospital in Southampton. 9.00 Peep Show & Tell. Documentary reflecting on the sitcom's extraordinary appeal, interviewing both the cast and hardcore fans everywhere, from New Malden to New Zealand. 10.25 Peep Show. Mark invites his parents over for Christmas lunch, and plans everything down to the last detail — but Jeremy becomes over-entitled, then Dobby and Super Hans turn up uninvited. 10.40 Peep Show. Mark and Sophie's big day arrives. 11.15 Peep Show. Jeremy organises a magic mushroom party. 11.50 Chris Noyley's Christmas Quiz Night. The host is joined by Pamela Anderson, Kelly Osbourne and Paddy McGuinness to face questions set by guests including David Tennant and Jason Donovan. Last in the series. 12.40 The Moonbird. 12.55 FILM: Hero (2002). Martial arts adventure, starring Jet Li. 2.35 King of the Hill. 3.00 This Week's 4Music Top 20. 4.45 E4. 5.30 One Tree Hill.

Channel 5

6.00 Milkshake! Thomas & Friends. 6.10 Roary the Racing Car. 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. 6.35 Bert and Ernie's Great Adventures. 6.40 Rupert Bear. 6.50 Peppa Pig. 7.00 The Wolfbats. 7.10 Thomas & Friends. 8.15 Fit and the Flowerbuds. 8.30 Peppa Pig. 8.40 Peppa Pig. 8.45 Roary the Racing Car. 8.55 Ben and Holly's Little Kingdom. 9.10 Little Princess. 9.25 Olivia. 9.40 The Mr Men Show. 10.00 KS. 10.35 Penguin Adventure with Nigel Marven. 11.00 Zoo Days. 11.15 Zoo Days. 11.45 Five News. 11.55 FILM: I Saw Mommy Kissing Santa Claus (2002). Family comedy, starring Connie Sellecca. 1.40 Neighbours. Sam suspects the Kennedys are not as united as they seem. 2.10 FILM: Single Santa Seeks Mrs Claus (2004). Comedy, starring Crystal Burnard. 4.00 FILM: Scrooge (1951). 4.45 Neighbours. 6.15 Monkey Life. The chimps make snowballs and concern grows as Charlie the chimp's condition takes a turn for the worse. 6.45 FILM: Last Action Hero (1993). A boy watching an action movie is transported into the film, while his screen villain escapes into the real world. Comedy adventure, with Arnold Schwarzenegger. 9.00 Greatest Christmas TV Moments. Three-hour countdown of 50 Christmas TV cracker, past and present, including classic soap moments, dramatic endings, sitcom specials, comedy sketches and light entertainment highlights that have made that little box in the corner the focus of the festive holiday season for decades. Highlights include famous couples Den and Angie, Jack and Vera, and Gavin & Stacey; popular double acts Morecambe and Wise, the Trotter brothers and Wallace and Gromit; Doctor Who meeting Kylie Minogue; perennial nuskio show Top of the Pops; and the ultimate irony of sitting down to watch the Royle Family sit down to watch TV for an hour. 12.05 SuperCasino. 3.55 Poker. 4.45 Street Market Chats. 5.10 Michaela's Wild Challenge.

Today's Choice



Paul O'Grady's Christmas, ITV1 London, 9pm

There's a sense of déjà vu about this seasonal special. Not that it's been on before, but if you saw Graham Norton's Friday night show a few weeks ago you'll know what to expect. The divine Bette Midler is back with more anecdotes about her glorious career and will be belting out a track, while WBA World Heavyweight boxing champion David Haye (who also guested on GM's show the other day with Ms Midler) makes a special appearance. On Norton's show he expressed a desire to make a break in Hollywood, and considering his incredible showdown with giant Russian boxer Nikolay Valuev, a British remake of Rocky IV doesn't seem like such a bad idea. Paul has made no secret of the fact he's a big fan of Emmerdale's Danny Miller, and that rising star will be looking back on another eventful year in the Dales soap. Plus, Cilla Black performs a duet with the host and vocal group the Soldiers provide a festive finale, accompanied by Paul's own big band.

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Christmas Day TV

BBC1

6.00 Breakfast. **9.00 CBBC:** The Sarah Jane Adventures. **9.50 Shaun the Sheep.** **10.00 Christmas Day** Eucharist from Tewkesbury Abbey. **11.00 FILM:** The Santa Clause 3: The Escape Clause (2006). Christmas fantasy comedy sequel, starring Tim Allen. **12.25 FILM:** Madagascar (2005). Animated adventure, with the voice of Ben Stiller. **1.45 BBC News.** **Regional News:** Weather. **2.00 Top of the Pops Christmas.** **3.00 The Queen.** **3.10 FILM:** Break the Third (2007). Premiere. Animated sequel, with the voice of Mike Myers. **4.30 The Gruffalo.** **5.00 BBC News:** Weather. **5.10 The One Ronnies.** **6.00 Doctor Who.** Amy and Rory are trapped on a crashing space liner, and the only way the Time Lord can rescue his friends is to save the soul of a lonely old miser. **7.00 Strictly Come Dancing Christmas Special.** Festive end-of-year redemptors, in which Strictly winners Fern Britton, June Brown, Ronni Ancona, John Barrowman and Vince Cable compete for the coveted Christmas trophy. **8.00 EastEnders.** Hour-long episode. As the residents of Walford celebrate Christmas, Janine takes revenge on Stacey, and Jean is left reeling by a shocking discovery. Shown in HD for the first time. **9.00 The Royle Family.** Unfortunate incidents in the precinct, romantic encounters in the supermarket car park, drunken wrestling and fridge magnets — just another Christmas Day with the couch potato clan. **10.00 Come Fly with Me.** New series. Airport documentary spoof, starring Matt Lucas and David Walliams. **10.30 BBC News:** Weather. **10.45 On Christmas Night.** Actor Peterson Joseph reads a favourite bible passage. **10.50 FILM: Stanek & Hutch (2004).** A mismatched pair of detectives set out on the trail of the drug dealer behind a new, undetectable narcotic. Comedy, spoofing the 1970s cop show, with Ben Stiller. **12.25 FILM:** A Fish Called Wanda (1988). Crime comedy, starring John Cleese. **2.15 BBC News.**

BBC2

6.00 CBBC: The Large Family. **6.10 3rd & Bird.** **6.30 Panorama.** **6.35 Something Special — A Christmas Special.** **7.00 Don'ts House.** **7.30 The Story of Tracy Beaker.** **7.45 What's New Scooby-Doo?** **8.05 Elliot Kid.** **8.20 Shaun the Sheep.** **8.30 Jinx.** **8.55 Animal Park.** **9.55 FILM:** The Weerats (2006). Premiere. Documentary following the daily struggles of a clan of weerats. **11.15 FILM:** Singin' in the Rain (1952). Musical comedy, starring Gene Kelly. **12.55 FILM:** The Man Who Would Be King (1975). Drama, starring Sean Connery and Michael Caine. **3.00 Birmingham Royal Ballet's Cinderella.** **5.00 The Queen.** **5.10 The Private Life of a Christmas Masterpiece: The Adoration of the Christ Child.** **6.00 Carols for Christmas Day: From Winchester Cathedral.** A concert of popular songs and classical Christmas music, sung by the Choir of Winchester Cathedral, joined by mezzo-soprano Katherine Jenkins and bass-baritone Jonathan Lemalu. **7.00 Top Gear.** The presenters drive the Mercedes-Benz SLS AMG, the Porsche 911 GT3 RS and the Ferrari 458 Italia along America's east coast, in a bid to crown the world's greatest sports car. **8.00 Dad's Army.** The vicar holds a fundraising bazaar. **8.35 Blackadder's Christmas Carol.** Kindly Ebenezer Blackadder is forced to deal with visits from his loathsome relatives and then gains an insight into the dastardly deeds of his ancestors. **9.20 Swingin' Christmas.** Michael Parkinson presents a programme of festive music by John Wilson and his orchestra, joined by guests Seth MacFarlane, Anna-Jane Casey and Curtis Stigers. **10.45 Miranda.** The joke-shop owner dreams of the perfect Christmas. Last in the series. **11.15 Have I Got a Bit More News for You Christmas Special.** Extended edition of the quiz, hosted by Alexander Armstrong. **12.00 Being Ronnie Corbett.** **1.40 Top of the Pops 2 Christmas Special 2010.** **2.30 Close.**

ITV1 London

5.30 ITV Morning News. **6.00 CITV:** The Fluffy Club. **7.25 Tonight.** **8.05 FILM:** The Little Polar Bear (2002). Animated adventure, with the voice of Wesley Singerman. **9.25 Carols at Christmas.** **9.50 Family Film of the Decade.** **10.50 FILM:** Santa Claus: The Movie (1986). **12.55 ITV News:** Weather. **1.10 FILM:** The Polar Express (2004). Animated adventure, with the voice of Tom Hanks. **3.00 The Queen.** Her Majesty's annual address. **3.10 FILM:** The Grinch (2003). Fantasy comedy, starring Jim Carrey. **5.00 ITV News.** **5.15 You've Been Framed!** Christmas. Festive edition. **6.00 Emmerdale.** Hour-long episode. The day of Chas's wedding to Carl arrives, but it remains to be seen whether she can take her revenge. **7.00 Coronation Street.** Hour-long episode. The Potters staff prepare for the party, only for a brawl to break out when Tracy discovers the McDonnells' secret, and one tortured soul has a confession to make. **8.00 All Star Family Fortunes.** Vernon Kay presents a festive special that sees teams from This Morning and Emmerdale playing for the chance to win up to £30,000 for charity. Last in the series. **9.00 Agatha Christie's Poirot.** An American businessman travelling on the Orient Express from Istanbul to Paris offers to pay fellow passenger Poirot \$10,000 for protection as he fears his life is in danger. The sleuth refuses the deal, but wakes up the following morning to learn the man has been stabbed to death while the train was held up by heavy snow in Serbia. With a race against time to find the killer among the commuters, Poirot must look to the past to solve the crime, and is faced with a decision that will haunt him for ever. David Suchet stars. **11.00 ITV News:** Weather. **11.15 FILM: You, Me and Dupree (2006).** Comedy, starring Owen Wilson and Matt Dillon. **1.40 FILM:** Clockwise (1986). Comedy, starring John Cleese. **3.05 FILM:** Police Academy (1984). Comedy, starring Steve Guttenberg. **4.40 ITV Nightswan.**

Channel 4

6.20 Famous Fred. **6.45 Little Wolf's Book of Badness.** **7.15 T4: Friends.** **7.45 T4: The Simpsons.** **8.15 T4: Friends.** **8.50 FILM:** The Muppet Christmas Carol (1999). Puppet comedy, starring Michael Caine. **10.30 T4: The Simpsons.** **11.00 T4: Glee.** **12.00 One Born at Christmas.** Babies: being born on Christmas Day. **1.00 FILM:** Scrooged (1986). Christmas comedy, starring Bill Murray. **2.50 One Born at Christmas.** Coverage continues, including Channel 4's Alternative Christmas Message. **3.50 Deal or No Deal: Scrooge or Santa.** **4.50 One Born at Christmas.** Further coverage of events at Princess Anne Hospital in Southampton. **5.50 Channel 4 News.** **5.55 Come Dine with Me: Celebrity Christmas Special.** With Goldie, Susie Amy, Janet Ellis and Tony Christie. **7.00 FILM: Edward Scissorhands (1990).** A reclusive genius creates a boy but dies before completing him, leaving his creation with scissors-like blades instead of hands. A kindly woman from a nearby suburb takes pity on the lonely boy and welcomes him into her home. He quickly becomes a hit in the neighbourhood — but then his new friends start to turn against him. Tim Burton's fantasy, starring Johnny Depp. **9.00 One Born at Christmas.** An update on the day's events at the maternity ward of Princess Anne Hospital in Southampton. New parents share their experiences of having a baby on Christmas Day. **10.00 Alan Carr: Teeth Fairy Live.** The comedian's sell-out May 2007 show at London's Hammersmith Apollo, in which he tells about childhood and adolescence. **11.05 Jamie's Christmas Lock-In.** Jamie Oliver takes over a bar to host an evening of festive music, food and chat, joined by celebrities including Jonathan Ross, Charlotte Church and Louis Spence. **12.10 FILM: Carrie (1976).** Horror, starring Sissy Spacek. **1.55 The Real Housewives of New Jersey.** **2.40 King of the Hill.** **3.00 Brothers & Sisters.** **3.50 E!.** **4.35 One Tree Hill.** **5.15 One Tree Hill.**

Channel 5

6.00 Milkshake! **6.05 Poppy Pig.** **6.05 Roary the Racing Car.** **6.15 Fifi and the Flowercots.** **6.25 Friendsan Sam Christmas Special.** **6.50 Rupert Bear.** **7.00 Mico Mac.** **7.05 The Wolfies.** **7.20 Rockab and Guitard Too.** **7.25 Noddy Saves Christmas.** **7.55 The Milkshake! Show Christmas Special.** **8.25 Little Princess.** **8.50 Play!** **8.55 Olivia.** **9.15 The Mr Men Show.** **9.30 George Shrinks.** **10.00 K9.** **10.35 Ice Road Trucks.** **11.30 The Gadget Show's Christmas Stoking.** **12.30 FILM: Mrs Micleo (2006).** Family drama, starring Doris Roberts. **2.30 FILM: Meet the Santas (2005).** Fantasy comedy sequel, with Steve Guttenberg. **4.20 Five News.** **4.25 FILM: The Remains of the Day (1993).** Drama, starring Anthony Hopkins and Emma Thompson. **6.55 FILM: Stranger than Fiction (2006).** Premiere. The humdrum life of a tax inspector is turned upside down when he hears a female voice narrating his every move. Fantasy comedy drama, with Will Ferrell and Emma Thompson. **9.00 Greatest Christmas Ads.** Christmas: a time for giving — which is why advertisers pull out all the stops in a bid to persuade TV viewers to part with their hard-earned cash for the latest toys, gadgets, food, drink and whatever else they have to sell. This three-hour countdown recalls the advertising ghosts of past and present, 50 in total, from Action Man to Trivial Pursuit, the Stylophone to the Nintendo Wii, Pazo stuffing to Iceland platters and Hal Karate to Victoria Beckham Signature. With contributions from those who starred in the adverts and celebrities who were sufficiently convinced by the marketing messages to buy for their loved ones. **12.05 SuperCasino.** **4.05 Poker.** **4.55 The Family Recipe.** With Italian chef Antonio Carluccio. **5.00 Heral's Holidog.** A lion cub is scared of the dentist. **5.10 The Milkshake! Show.** The gang enjoys a solo boat. **5.35 Thomas & Friends.** **5.45 Roary the Racing Car.**

Today's Choice



Doctor Who, BBC1. **6pm** Matt Smith is to make his festive debut as the Doctor, following the triumph of his first season in the Tardis. Amy and Rory are trapped on a crashing space liner, and the only way the Doctor can rescue them is by saving the soul of Kazran Sardick, the richest man in Sardinia and the loneliest old miser our hero's ever met. However, Kazran appears to be beyond redemption, and to make matters worse, something nasty is lurking in the log... Appearing alongside the series regulars will be Katherine Jenkins and Michael Gambon. "I think it's really great, the Christmas episode," claims Smith. "We've kept it at a high level. There'll be a lot of smoke, it's very Christmassy. Michael Gambon was just a joy, he's just a fantastic actor. Basically, the Doctor goes and visits an old Christmas miser and has to use his doctory magic to warm his cockles. That's probably as much as I can say really, because I don't want to spoil it for people. It is part of the charm of Doctor Who isn't it, that you wait and find out what's going to happen?"

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Boxing Day TV

BBC1

6.00 Breakfast: 6.00 Cbeebies: Cbeebies Christmas Party 2010: Auldin, 6.30 Grandpa in My Pocket — A Christmas Special, 6.45 FILM: Who Framed Roger Rabbit (1988). Comedy mixing live action and animation, starring Bob Hoskins, 11.20 BBC News: Weather, 11.25 FILM: Spy Kids (2001). Family adventure, starring Antonio Banderas, 12.50 FILM: The Art Bully (2006). Animated adventure, with the voice of Julia Roberts, 2.10 FILM: Over the Hedge (2006). Animated comedy, with the voice of Bruce Willis, 3.25 FILM: Enchanted (2007). Premiere. Fantasy comedy, starring Amy Adams, 5.05 BBC News: Regional News: Weather, 5.15 Songs of Praise, 6.00 Nigel Slater's Christmas Suppers. The cook demonstrates how to create meals using Christmas dinner leftovers, ensuring nothing bought during the most expensive food shopping trip of the year need go to waste, 6.30 Countryfile. Jai in Brackbury looks back at the biggest wildlife stories of 2010, including her report on efforts to conserve native species in Kent, including Weather for the Week Ahead, 7.30 Antiques Roadshow. The team values more decorative objects and arrives at Chatsworth House in Derbyshire, including a painting thought to be by Constable and a set of designs for exotic jewellery, 8.30 EastEnders. Bianca agrees to help Phil catch Connor, 9.00 Upstairs Downstairs. New series, Diplomat Sir Hallam Holland and his wife Lady Agnes (Ed Stoppard and Keeley Hawes) move into 165 Eaton Place and begin the search for new staff, Jean Marsh co-stars. Continues tomorrow, 10.00 BBC News: Weather, 10.15 Match of the Day. Including highlights of Manchester United v Sunderland, 11.45 The Football League Show. Including highlights of Queens Park Rangers v Swansea City, 1.05 FILM: Iron Eagle II (1995). Action adventure, with Louis Gossett Jr and Jason Gedrick, 3.00 BBC News.

BBC2

6.00 Cbeebies: Charlie and Lola, 6.10 Postman Pat's Magic Christmas, 6.35 Penelope, 6.45 Gogglebug — A Christmas Special, 7.00 Cbeebies: League of Super Evil, 7.15 Deadly 60, 7.45 Bear Behaving Badly, 8.05 Elliot Kid, 8.20 Shaun the Sheep, 8.25 My Almost Famous Family, 8.55 FILM: Kiss Me Kate (1953). Musical comedy, starring Howard Keel and Kathryn Grayson, 10.40 Wild China, 11.40 Who Do You Think You Are? 12.40 FILM: Anchors Aweigh (1945). Musical, starring Frank Sinatra and Gene Kelly, 2.55 FILM: Vile Dive at Dawn (1943), 4.30 Final Score. Round-up of football results, 5.25 FILM: The Red Baron (2008). Premiere. First World War biopic, 7.00 Oz and Hugh Hefner's Be. Oz: Charlie and Hugh Dennis visit Scotland, Northern Ireland and the Republic, where they sample non-alcoholic fruit wines, 8.00 Top Gear. Jeremy Clarkson, Richard Hammond and James May follow the path of the three star men across the Middle East, driving open-top sports cars through southern Turkey, Iraq and Syria, 9.15 When Harvey Met Bob. Drama about the men who organised Live Aid, shown in the 25th anniversary year of the historic concert. In 1985, having sold millions of copies of charity single Do They Know It's Christmas?, Boomtown Rats singer Bob Geldof realises much more still has to be done to combat famine in Ethiopia, and conceives the idea of a global music event — a plan that starts coming to fruition when he meets larger-than-life concert promoter Harvey Goldsmith. The film charts how their ambitious scheme turned into the biggest televised charity event in history, as well as documenting the many conflicts that sprang up between the unlikely partnership along the way, 10.45 Live Aid. Bob Geldof and his collaborators discuss the challenges they faced in putting on such an enormous public performance, 12.15 The Goodies. Comedy, starring Bill Oddie, 12.45 Medium, 1.35 Medium, 2.10 BBC News, 3.00 Close.

ITV1 London

5.30 ITV Morning News: 6.00 CITV: The Puffy Club, 7.25 Tonight, 9.25 You've Been Framed! Christmas, 10.10 FILM: Jack Frost (1998). Family fantasy drama, starring Michael Keaton, 12.05 ITV News: Weather, 12.15 FILM: The Railway Children (1970). Period family drama, starring Jenny Agutter, 2.20 FILM: From Time to Time (2003). Premiere. Family fantasy adventure, starring Alex Ekl, 4.10 FILM: Charlie and the Chocolate Factory (2005). Children's fantasy, starring Johnny Depp, 6.15 ITV News: Weather, 6.30 FILM: The Mummy: Tomb of the Dragon Emperor (2008). Premiere. Daredevil explorers Rick and Evelyn O'Connell are called into action when their son accidentally resurrects the evil Chinese Emperor Khas from his ancient tomb. The family now faces a race against time to prevent the merciless leader from awakening his vast terracotta army in a plot to take over the world. Fantasy adventure sequel, starring Brendan Fraser and Maria Bello, 8.30 Harry Hill's Best of Christmas TV Bump. The comedian presents a compilation of the best bits from his TV Bump Christmas specials, 9.00 Benidorm. One-off festive episode. There may be plenty of sun, sangria and Santa, but for Midge it does not look like being a happy Christmas as the Gervais come to stay. With Mel stuck in Marrakech, she has to organise the Benidorm Palace's festive spectacular — and the show's female star has gone missing. Donald and Jacqueline check in at the Solana with some intriguing friends, and it appears Noreen's male travel companion is more than he appears. Su Pollard guest stars, 10.15 FILM: Love Actually (2003). Interlinked tales of several people in search of love. Richard Curtis's romantic comedy, with Hugh Grant and Martine McCutcheon. Including ITV News and Weather, 1.45 Paul O'Grady's Christmas, 2.45 FILM: Idlewild (2006). Premiere. Musical drama, starring Andre Benjamin, 4.05 ITV Nightscreen.

Channel 4

6.00 Sell Mail: 6.05 The Teacoe People, 6.15 Planet Cook, 6.35 FILM: Rugrats Go Wild (2003). Children's animated adventure, with the voice of Nancy Cartwright, 7.55 The Morning Live, 8.50 T4: Hollybolic, 11.20 T4: The Simpsons, 11.45 T4: Beyond: I Am — World Tour, 12.45 Jamie's Best Ever Christmas. Part two of two. Jamie Oliver's favourite festive recipes, 1.45 Channel 4 Racing. Live coverage from Kempton Park and Wetherby, 3.55 Deal or No Deal: Scrooge or Santa, 5.00 Channel 4 News, 5.10 FILM: Crocodile Dundee (1986). Comedy, starring Paul Hogan, 6.55 100 Greatest Toys with Jonathan Ross. A three-hour countdown of the nation's favourite games, gadgets and gizmos, as decided by a Channel 4 online poll. Inventors and toy-makers tell the inside stories of their creations and successes — including Action Man, Barbie, Barbie and Trivial Pursuit — while the children of yesterday, today's celebrities, authors, actors and journalists, take a nostalgic look back at the toys they loved. Viewers will also find out who came up with the design of the Raleigh Chopper, how a one-time wing created the world's toughest action figure and why the Vietnam War almost brought Britain's Matchbox car range to an end, 10.00 Alan Carr: Chatty Man. The comedian is joined by radio DJ Chris Evans, The Expendables star Mickey Rourke, comedienne Catherine Tate and boy band the Wanted for this festive edition, 11.05 Steve Coogan as Alan Partridge and Other Less Successful Characters. The actor performs at the Blackpool Opera House in 2008, as part of a national tour showcasing a selection of his many comic creations, 11.50 8 Out of 10 Cats Christmas Special. Festive edition of the topical panel show, with guests Jack Dee, Lorraine Kelly, Josie Long and Christopher Biggins joining captains Sean Lock and Jason Manford, 12.40 King of the Hill. Nanny moves to Dallas, 1.05 American Football Live, 4.45 ER, 5.30 One Tree Hill.

Channel 5

6.00 Milkshake! Poppa Pig, 6.05 Roary the Racing Car, 6.15 Fifi and the Flowercots, 6.25 Frensham Sam, 6.35 Rupert Bear, 6.45 Miss Spider's Sunny Patch Friends, 7.00 Mids, 7.05 The WotWots, 7.20 Roco and Custard Top, 7.25 Harry and the Bucket Full of Dinosaurs, 7.40 Make Way for Noddy, 7.50 Mist: Sheepdog Tales, 8.00 Little Princess, 8.15 The Adventures of Bottle Top Bill and His Best Friend Coxy, 8.30 Family, 8.45 Family Christmas Special, 9.00 Olivia, 9.15 The Mr Men Show, 9.30 George Shrinks, 10.00 Shake!: iCarly, 10.35 True Jackson, VP, 11.10 iX, 11.45 Animal Rescue Squad, 12.05 Zoo Days, 12.35 FILM: Behold a Pale Horse (1944). Adventure, starring Gregory Peck, 2.50 Five News, 3.00 FILM: High Society (1955). Musical romantic comedy, with Bing Crosby and Grace Kelly, 5.50 FILM: Joseph and the Amazing Technicolor Dreamcoat (1982). Stage musical, starring Danny Diamond, 6.40 Top of the Pops. The 1985 Christmas edition of the pop show, featuring performances of the year's biggest hits, when the Christmas number one was Mandy Patinkin's Everyone by Shakir Stevens, 7.55 Some Mothers Do 'Ave 'Em. A Christmas edition of the sitcom from 1974. Frank offers his services for the local nativity play, but the vicar is reluctant to accept after the chaos he has previously caused, 9.00 Whatever Happened to the Likely Lads? Bob and Thelma look forward to an entertaining holiday, but Terry quickly puts paid to their plans. A Christmas edition of the sitcom from 1974, with James Bolam and Rodney Bewes, 10.00 FILM: Out for a Kill (2003). An archaeologist vows vengeance on the Chinese gangsters who killed his wife, and sets out to eliminate them one by one. Martial arts adventure, with Steven Seagal, 11.45 America's Toughest Prisons. Life inside Stateville Prison in Illinois, 12.45 Super Casino, 4.05 Divine Designs, 4.35 Divine Designs, 4.55 The Family Recipe, 5.00 Han's Helpline, 5.10 The Milkshake! Show.

Today's Choice

Benidorm, ITV1 London, 9pm
If you're not a fan of the snow — and by golly have we been getting some already this winter — then this could be the perfect antidote, guaranteed to warm you up no matter how chilly it is outside. It's a festive dose of sun, sangria and Santa as the usual suspects return for a one-off special of the comedy series. However, this time they're joined by one or two new, but familiar, TV faces. Hi-de-Hi! star Su Pollard (who appears as herself) is booked to star in the Christmas Spectacular at the Benidorm Palace, but all does not go to plan when she encounters cantankerous OAP Midge. Donald and Jacqueline arrive with plenty of friends in tow, as the Middlebrough Swingers Association is also in town for the holiday season — and one of them is played by none other than Pineapple Dance Studio's Louise Spence. And Brian Murphy of Last of the Summer Wine fame also appears as a love interest for Noreen. Steve Pemberton, Sohran Finnegan, Janine Duvitski and Kenny Ireland return for this hilarious way to spend your Boxing Day night.

HOLIDAY CALENDAR

January-April 2011

24th Jan	Warners Gunton Hall	5 days	£169.00
14th Feb	Warners Bembridge	5 days	£239.00
18th Feb	New Forest	4 days	£209.00
25th Feb	Paris	4 days	£199.00
26th Feb	TV Trail (Yorkshire)		£79.00
28th	Torquay	5 days	£179.00
28th	Yorkshire	5 days	£199.00
7th March	Newquay & Eden Project	5 days	£239.00
7th March	Eastbourne	5 days	£209.00
7th March	Warner Gunton Hall	5 days	£189.00
11th March	Amsterdam	4 days	£189.00
14th March	Isle of Wight	5 days	£239.00
14th March	Scarborough	5 days	£249.00
14th March	Warners Lakeside	5 days	£179.00
20th March	St Ives	7 days	£269.00
21st March	Paignton	5 days	£189.00
28th March	Babbacombe	5 days	£179.00
28th March	Ostend & Brugge	4 days	£189.00
4th April	Warners Alveston Hall	5 days	£299.00
4th April	Weston-super-Mare	5 days	£189.00
8th April	Heart of England	4 days	£229.00
8th April	Dutch Bulbfields	4 days	£229.00
11th April	Torquay	5 days	£209.00
18th April	Dutch Bulbfields	5 days	£279.00
18th April	Bournemouth	5 days	£239.00
22nd April	Torquay	4 days	£169.00
22nd April	Isle of Wight	4 days	£249.00
22nd April	Minchhead	4 days	£169.00
25th April	Potters Resort	5 days	£279.00
25th April	Weymouth	5 days	£289.00
28th April	Yorkshire	5 days	£249.00
29th April	Provence	8 days	£559.00
30th April	Austrian Lakes & Mountains	9 days	£579.00

COOKS COACHES

DAY EXCURSIONS

January

DATE	DESTINATION	ADULT
Thu 06	Harrods Sale	£14.00
Tue 11	Bluewater Shopper	£10.50
Wed 12	Winter Landscapes	£13.00
Sat 15	London Boat Show at Excel	£13.00
Sun 16	Imperial War Museum	£13.50
Tue 18	British Museum	£13.50
Wed 19	Holiday on Ice - Energia at Brighton	£41.00
Fri 21	Stitch & Creative Crafts at Sandown	£13.50
Sat 22	London Model Engineering at Alexandra Palace	£13.00
Sat 22	Stitch & Creative Crafts at Sandown	£13.50
Tue 25	New Year Variety Special plus Lunch	£28.90
Wed 26	St Albans on Market Day	£14.00
Fri 28	Bluewater Shopper	£10.50
Sun 30	London Sightseeing Tour	£19.00

February

Tue 01	Mystery Tour	£15.00
Wed 02	McArthur Glen Designer Outlet, Ashford	£14.00
Thu 03	Brighton	£16.00
Sat 05	Milton Keynes	£16.00
Tue 08	Ipswich	£14.00

Tue 08	Woodbridge, Suffolk	£14.00
Wed 09	Canterbury	£15.00
Thu 10	Bluewater Shopper	£10.50
Fri 11	Anglesey Snowdrops	£21.00
Sat 12	Creative Stitches & Hobbyscrafts at Brighton	£16.50
Sat 12	Imperial War Museum	£13.50
Sun 13	Kent & Sussex Tour	£15.00
Wed 16	Bury St Edmunds	£14.00
Thu 17	Stitch & Creative Show at Baintree	£13.00
Fri 18	Romford Shopper	£11.00
Fri 18	Stitch & Creative Show at Baintree	£13.00
Sat 19	Peterborough - Cathedral City & Shopping	£17.00
Mon 21	Freeport Shopping Centre - Baintree	£11.50
Mon 21	Kensington - Museum or Harrods	£13.50
Tue 22	Hampton Court Palace	£15.00
Tue 22	Kew Gardens	£15.00
Wed 23	Benington Lordship Snowdrops	£19.50
Wed 23	Cambridge	£14.50
Wed 23	Duxford Air Museum	£14.50
Thu 24	Bluewater Shopper	£11.00
Fri 25	Colchester Town	£13.50
Fri 25	Colchester Zoo	£27.00
Sat 26	Norwich	£16.50

THEATRES

19th Jan	Lion King	£42
20th Jan	Strictly Come Dancing	£69.50
16th Feb	War Horse	£59
16th Mar	Mamma Mia	£59
2nd April	Titanic Exhibition	£30
6th April	Jersey Boys	£55
11th May	Wizard of Oz	£65
18th May	Billy Elliot	£39
30th June	Ghost	£59
18th July	Shrek	£49

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Look Who's back for festive fun

Doctor Who is back for another Christmas special on BBC One on Christmas Day. Matt Smith and guest star Kathryn Jenkins give the low-down on the episode, in which the Doctor has to convince villain Kazran Sardick (played by Sir Michael Gambon) to save Amy Pond and her new husband Rory.

By Sarah Morgan

THE Doctor Who Christmas special has quickly become as traditional as turkey and sprouts, which is amazing considering that before 2005, when the sci-fi favourite was revived, there had only ever been one previous festive moment.

That came in 1965 when the first Doctor William Hartnell broke the fourth wall by wishing 'a happy Christmas to all of you at home'.

Things are rather more sophisticated these days – and lead writer and executive producer Steven Moffat couldn't wait to get his teeth into the project: "Oh, we're going for broke with this one. It's all your favourite Christmas movies at once, in an hour, with monsters. And the Doctor. And a honeymoon. And... oh, you'll see.

"I've honestly never been so excited about writing anything. I was laughing madly as I typed along to Christmas songs in April. My neighbours loved it so much they all moved away and set up a website demanding my execution. But I'm fairly sure they did it ironically," he adds with a giggle.

It is, of course, Moffat's first Christmas in charge of our favourite time traveller's adventures – and stars Matt Smith (the Doctor), Karen Gillan (Amy) and Arthur Darvill (Rory) are also popping their festive Tardis cherries.

"I've always wanted to be part of the Christmas Doctor Who experience," reveals Smith. "And I think this is one of the most Christmassy and inventive Doctor Who stories so far.

"Steven keeps getting even more imaginative and the great thing about this episode, is that when Doctor Who and Christmas are put together, you combine the spirit of both those things."

Explaining the plot, Smith says: "It starts off with Amy and Rory on honeymoon, but the spaceship they're travelling on gets into trouble and needs to make an emergency landing on a nearby planet. However, they're blocked from entering the planet's atmosphere and with the ship nearing implosion, the Doctor has to try and work out what's going on and how to save them."

"It feels very Dickensian, set in a mad futuristic world and it evolves into something even more magical than your classic monster Doctor Who episode."

"It features a wonderful shark which I was very excited about," he continues. "I've always wanted to explore the aquatic – viewers can expect Jaws with a twist!"

What Smith hasn't revealed is that there's also an old, Scrooge-like miser called Kazran Sardick at the heart of the story – and if the Doctor doesn't make him change his ways, all hell will be let loose.

Sardick is played by theatrical knight Michael Gambon, the latest in a long line of illustrious guest stars to appear in Who.

"There's no one better to play an old grump than Gambon!" laughs Smith. "However, Michael also really makes you feel for this man and he can somehow turn himself into a little boy at times: he's a very impressive actor."

But Gambon isn't the only guest star strut-



SPECIAL: (L-R) Michael Gambon as Kazran, Matt Smith as The Doctor and Kathryn Jenkins as Abigail Pettigrew. PA Photo/BBC

ting their stuff – soprano Katherine Jenkins will be making her acting debut in the episode:

"To be honest, I didn't think I really wanted to act," she confesses. "I'd been asked to do things in the past and hadn't done them, but when I got the call to do Doctor Who, it really excited me. It's such an iconic show and one we all watch as a family.

"I wasn't sure I could do it but after reading for the part, I got a call on my 30th birthday to say I'd got it. It was the best birthday present I could have asked for!"

Filming took place in her native Wales in July, but Jenkins insists she had no problem getting into the festive spirit: "It certainly felt very Christmassy! The story is very emotional, which I hope is going to touch people.

"I play the part of Abigail, a young woman who has been frozen in an ice chamber. Needless to say I do get out of the chamber

but viewers will have to wait and see what happens to my character."

"I do get to sing though," she adds. "And I had a really good laugh with Matt between takes. He kept mucking around and singing to me but, you know, people should hear him – I think he's got a great bass voice!"

Smith was just as impressed with her:

"Katherine looks like a princess, and boy can she sing – the way she controls her voice and the grace with which she sings is quite incredible. It's exactly the type of casting we want – someone fresh, exciting and new."

That sounds like a description of Smith himself before he took on the role of the iconic Time Lord – and if this episode is anything to go by, we're going to enjoy plenty more Christmases with him for years to come.

■ Doctor Who: A Christmas Carol is on BBC One on Christmas Day.



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Dreaming of a *green* Christmas

By Kate Hodal

CHRISTMAS may be the time of giving, but unfortunately it's the time of chucking out, too.

Unwanted clothes, electrical items, books, cards and even furniture can all find themselves wrapped up prettily beneath the tree one day and out in the bins the next.

The Government agency Waste Online reckons that the season's increases in eating, drinking and spending results in an estimated three million extra tonnes of waste.

But that doesn't mean that this Christmas need be an ecological disaster for you or the planet. By following a few tips and advice on how best to recycle everything from your leftovers to that old DVD player, now's your chance to see 2009 out with a green bang and usher in an entirely eco-friendly new decade.

■ CHRISTMAS CARDS

MANY Christmas cards can be recycled in your green recycling bin as part of your paper recycling. But you can also take them to special Christmas card recycling points, as provided by Tesco and WH Smith.

Alternatively, you could turn the cards into a bit of an art project, says Laura Underwood of the Government's Recycle Now campaign: "Save some of the prettier cards and cut out the pictures - they make perfect gift tags for next year."

■ CHRISTMAS TREES

DON'T just dump your Christmas tree in the bin or burn it in the garden - recycle it instead. According to Waste Online, only one out of every seven trees gets recycled, so make yours count! Get in touch with your local council, many of which now provide a tree recycling service, and see your tree get turned into mulch, rather than end up in landfill.

■ ELECTRONICS

IF you were lucky enough to get a new phone, iPod or laptop in your stocking this year, remember that you can recycle the old ones - as well as many old electrical items lying around the house.

In fact, if every household returned just one item for recycling, the UK could reprocess more than 24,500 tonnes of unwanted small electrical items into new goods, according to Recycle Now.

So what exactly can you recycle? Anything with batteries, a plug or a charger - like kettles, games consoles or hair straighteners.

Find your local electrical recycling centre by logging on to www.recyclenow.com.

■ FURNITURE

MAKING room for a new sofa, bed or kitchen table? Donate the old ones to the

Community Recycling Network [www.crn.org.uk] or Furniture Re-Use Network [www.frn.org.uk], which can distribute the furniture and household goods to be used again.

You can also try to flog the furniture for a bit of extra cash on Preloved [www.preloved.co.uk], Ebay or Gumtree.

■ CLOTHES

WHETHER it's a knackered bra or once-worn Levi's, unwanted items of clothing can be taken to a charity of your choice or a recycling bank. Many kerbside recycling schemes also accept textiles like clothes and shoes, even if the items seem unwearable. Check www.recyclenow.com for details of where you can recycle textiles near you.

Bear in mind, however, that charity shops

can really benefit from your unwanted clothes, says mental health charity Mind's chief executive, Paul Farmer.

■ WRAPPING PAPER

YES, it's true - even wrapping paper can be recycled! Unfortunately, most shiny paper on the market these days is made of plastic film so it's not recyclable in the 'stick it in the green box' way - but it is able to be reused, and relined, says Recycle Now's Laura Underwood.

If you've got plain paper wrapping to stick in the green box, be sure to remove any sticky tape from it before doing so, as tape can 'contaminate' your waste, and lead to the paper not being recycled at all.

■ LEFTOVERS

CHRISTMAS and New Year are a time of

leftover canapes, turkey, stuffing, vegetables and sauces... but if you always find yourself stuck with more food than you can use, perhaps you should cook for just the number of guests you're expecting.

This might sound a scientific practice, but actually it's all made easier with the government's Love Food Hate Waste Perfect Portions planner [www.lovefoodhatewaste.com/perfect_portions], which provides advice on how many ingredients to use per person to save you money and unnecessary waste.

For those keen on cutting down their black bin waste, remember that you can also compost your vegetable peelings, along with your Christmas tree pine needles and holly. Check out what you can include in your home compost bin by visiting www.recyclenow.co.uk/compost.

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Today's Choice



12.15 How to Hook Up Your Home
hears. Disney animation. **12.20**
ILM: The Winslow Boy (1999). **2.20**
ILM: David Copperfield (2000).
Irena, starring Hugh Grant.
**65 Eddie Stobart: Trucks and
Trailers.** A driver takes on a delicate
load of cream cakes.
66 Cowboy Builders. Melinda
Messenger and Dominic Littlewood
help a family from Bolton whose
bungalow extension went wrong
after the builder left the job
unfinished. Five News Update.
66 Greatest Christmas Adverts.
Christmas: a time for giving —
which is why advertisers put out all
the stops in a bid to persuade TV
viewers to part with their hard-
earned cash for the latest toys,
gadgets, food, drink and whatever
else they happen to want. This three-
hour countdown recalls the
advertisements ghosts of past and
present, 50 in total, from *Action Man*
to *Tivoli Pursuit*, the *Glyphephone* to
the *Nintendo Wii*, *Paseo* stuffing to
Island platters and *Mal Karate* to
Victoria Beckham Signature.
1.00 FILM: Red Corner (1997).
A former falsely accused of murdering
a model during a business trip to
China finds himself facing the death
penalty Courtroom thriller, starring
Richard Gere and Bai Ling.
3.0 SuperCasino. **3.65 Eddie
Stobart: Trucks and Trailers.** **4.45**
house Doctor. **5.10 Nick's Quest.** **5.35**
beat Scientists.

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December 29 TV

BBC1

6.00 Breakfast. 6.00 CBBC: The Bash Jane Adventures. 9.30 Cooles. 9.45 FILM: A Goofy Movie (1995). Animated comedy, with the voice of Bill Farmer. 10.55 FILM: Homebound Bound II: Lost in San Francisco (1994). Animal adventure sequel, with the voice of Michael J Fox. 12.20 Just Williams. 12.50 BBC News. 12.55 Regional News; Weather. 1.55 Wallace & Gromit: A Close Shave. 1.55 Doctor Who. 2.50 FILM: Flushed Away (2006). Animated adventure, featuring the voice of Hugh Jackman. 4.55 FILM: Mary Poppins (1964). Disney musical fantasy, with Julie Andrews and Dick Van Dyke. 6.30 BBC News; Weather. 6.50 BBC London News; Weather. 7.00 Celebrity Mastermind. Frank Gardner, Levi Roots, Helen Chamberlain and Pam Rhodes settle into the black chair to answer questions on their chosen subjects. Hosted by John Humphrys. 7.30 Dig 1940. Jules Hudson and his team head to Somerset where they try to unearth a German bomber, and visit Hull to meet survivors of the city's Blitz. Last in the series. 8.00 Polar Bear: Spy on the Ice. State-of-the-art hidden cameras capture the intimate lives of polar bears as they go hunting, engage in courtship rituals and fight for survival. Narrated by David Tennant. 9.00 Rock & Chips. New special following on from January's Only Fools and Horses prequel. Joan considers going back to work, while Del is about to get engaged three times in the same week. 10.00 BBC News. 10.30 Regional News; Weather. 10.35 The National Lottery Wednesday Night Draw. Janis Falconer presents. 10.35 Match of the Day. Including highlights of Chelsea v Bolton Wanderers; National Lottery Update. 11.45 FILM: Hard Rain (1998). Action adventure, starring Christian Slater and Morgan Freeman; Weatherview. 1.30 Sign Zone: Countryfile. 2.15 Sign Zone: What's and I'll Come to You. 3.10 Sign Zone: Upstairs Downstairs. 4.10 BBC News.

BBC2

6.00 CBeebies: The Pingu Show. 6.10 Timmy Time. 6.20 Louise. 6.30 Harry and Toto. 6.40 Postman Pat. 7.00 CBBC: League of Super Evil. 7.15 Deadly 60. 7.40 Bear Behaving Badly. 8.05 Elliot Kid. 8.20 Shaun the Sheep. 8.50 Great British Railway Journeys. 9.00 Indian Hill Railways. 10.00 Wild China. 11.00 Who Do You Think You Are? 12.00 Victorian Farm Christmas. 1.00 FILM: Cromwell (1970). Historical drama, starring Richard Harris and Alec Guinness. 3.15 Coast. 3.30 The Indian Doctor. 4.15 Weekend Link. 5.00 FILM: Strictly Ballroom (1992). Australian dance comedy, starring Paul Mercurio. 6.30 Springwatch/Autumnwatch Christmas Special. Chris Packham, Kate Humble and Martin Hughes-Games look back at a year of broadcasting, asking what has been learned about wildlife in 2010 and what to expect next year and beyond. 8.00 Les Mîs at 25: Matt Lucas Dreams the Dream. Documentary following comedian and musical theatre fan Matt Lucas's preparations to appear in Les Misérables, the world's longest-running show, for its performance at the O2 arena. 9.00 Arena: Roll Harris Paints His Dreams. Documentary celebrating Roll Harris's life and career as he embarks on an ambitious project to paint a series of pictures inspired by Shakespeare's A Midsummer Night's Dream. 10.30 GE XL. Stephen Fry presents as Harry Potter star Daniel Radcliffe, chat show host Graham Norton, comedian Lee Mack and regular Alan Davies answer questions on the theme of hocus pocus. 11.55 The Goodies. The friends save a suicidal zookeeper, and meet a shrewd Scot. Classic comedy, starring Tim Brooke-Taylor, Graeme Garden and Bill Oddie. 11.45 Andy Parsons: Britain's Got Idiots. Comedian and Mock The Week panellist Andy Parsons performs his topical stand up to a sell-out crowd at the Lyric Theatre, London. 12.50 Medium. 1.30 Medium. 2.15 BBC News. 4.10 Close.

ITV1 London

5.30 ITV Morning News. 6.00 Daybreak. 6.30 Lorraine. 9.25 The Unforgettable Harry Secombe. 10.25 Joanne Lumley's Nile. 11.25 FILM: Agatha Christie's Dead Man's Folly (1960). Murder mystery, starring Peter Ustinov. 1.25 ITV News; Weather. 1.45 London News; Weather. 2.05 Oliver Twist. First of a three-part adaptation of the Dickens novel, starring Julie Walters. 4.10 FILM: The Lost World: Jurassic Park (1997). Dinosaur adventure sequel, with Jeff Goldblum. 6.30 London Tonight; Weather. 6.45 ITV News; Weather. 7.00 Emmerdale. Eric suspects Amy of sending the cards and letters from 'Ellisbeth', but she denies it and accuses him of having an affair. Vic is upset to see Bob and Hazel so friendly. 7.30 The Lakes. Manchester Castle owner Patrick Gordon-Duff-Pennington talks about his life, and the programme meets the men and women who give up their time to make the Lakeland fells safer. 8.00 Agatha Christie's Marple. Milverton's wife Mary Pritchard, a notoriously demanding invalid, apparently dies of shock in her locked room when the geranium in her wallpaper turns blue, fulfilling the dire warning of a mysterious fortune teller. The manner of her death creates a sensation in the tense village community of Little Ambrose, but though the woman's husband confesses to the crime, Miss Marple uncovers new evidence that could affect the court hearing's outcome and races to halt proceedings before the wrong person is convicted. 10.00 ITV News at Ten; Weather. 10.30 London News; Weather. 10.35 FILM: Miss Congeniality 2: Armed and Fabulous (2005). An FBI public relations officer defies orders and goes back on undercover duty to find her kidnapped friends. Comedy sequel, with Sandra Bullock, Regina King and William Shatner; ITV News. 12.40 FILM: Sweeney! (1976). Crime thriller. 2.20 The Jeremy Kyle Show. 3.15 ITV Nightscreen.

Channel 4

5.55 Planet Cook. 6.15 Wilde Stories. 6.45 Yo Gabba Gabba. 7.10 Everybody Loves Raymond. 7.30 Presler. 7.55 According to Jim. 8.25 T4: Friends. 8.55 T4: The Hollyhocks Music Show. 9.25 T4: Harry Potter and the Deathly Hallows Part 1: T4 Movie Special. 10.00 T4: Friends. 10.25 T4: The Simpsons. 11.00 T4: Glee. 11.55 FILM: An American Tail (1986). Animated adventure, with the voice of Philip Glasser. 1.25 River Cottage Blues. 1.35 FILM: Zulu (1964). Fast-paced historical drama, starring Michael Caine. 4.50 Deal or No Deal: Scrooge or Santa. 5.00 Come Dine with Me: Coronation Street Special. 6.00 The Simpsons. Krusty learns he has a daughter, but ruins any chances of a happy family life by gawking her most prized possession in a poker game. With the guest voice of Drew Barrymore. 6.30 Hollyhocks. Anita tries to help Bart understand Jasmine's feelings. 7.00 Channel 4 News. 7.10 FILM: Cheaper by the Dozen 2 (2005). A family's holiday at a lakeside cabin is ruined when the father is drawn into a battle of one-upmanship with an old rival. Comedy sequel, starring Steve Martin and Eugene Levy. 9.00 The House That Made Me. Actor and comedian Sanjeev Bhaskar returns to west London, where he spent his youth in the 1990s growing up in a flat above his parents' laundrette. Last in series. 10.00 Peep Show. Mark feels depressed on New Year's Eve. Last in the series. 10.30 Frankie Boyle's Tiswas! Nights. Move sketches and stand-up with the Glaswegian comedian. Last in the series. 11.00 4thought.UV. The nation's favourite Christmas carols. 11.05 Jason Manford: Live. A 2009 performance by the comedian at the Manchester Apollo. 12.10 FILM: The Family Stone (2005). Comedy drama. 2.00 The Real Housewives of New Jersey. 2.45 The Real Housewives of New Jersey. 3.30 King of the Hill. 3.55 King of the Hill. 4.20 E! 5.05 Hill Street Blues.

Channel 5

6.00 Millehalet: Thomas & Friends. 6.10 Roary the Racing Car. 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. 6.35 Bert and Ernie's Great Adventures. 6.40 Rupert Bear. 6.50 Peppa Pig. 6.55 Miao Miao. 7.00 The World's Worst. 7.15 The Mr Men Show. 7.30 Thomas & Friends. 7.45 Noddy in Toyland. 8.00 Fifi and the Flowerlets. 8.15 Peppa Pig. 8.25 Peppa Pig. 8.35 Roary the Racing Car. 8.45 Hanna's Helpline. 8.55 Igan Ogan. 9.15 Little Princess. 9.25 Olivia. 9.45 The Mr Men Show. 10.00 K9. 10.35 Panda Week with Nigel Marven. 11.05 Ice Road Truckers. 12.05 Five News. 12.15 Micky Mouse: Lonesome Ghost. Classic Disney cartoon. 12.20 FILM: Rooster Cogburn (1975). Western sequel, starring John Wayne and Katharine Hepburn. 2.25 FILM: Doctor Zhivago (1965). Oscar-winning epic drama, with Omar Sharif and Julie Christie. 6.05 Eddie Stobart: Trucks and Trailers. The drivers deliver spare car parts to the World Rally Championship in Finland, and the chilled team takes perishable food orders to the supermarkets. 7.00 Cowboy Builders. Melinda Messenger and Dominic Littlewood come to the aid of a Bedfordshire couple whose two-storey extension project was ruined by a fire. Five News. 8.00 Cheryl Cole: Where Did It All Go Right? — and Wrong? Documentary profiling the reality TV star whose early success with Girls Aloud was quickly eclipsed by her solo career. Five News at 8. 9.00 Most Shocking Celebrity Moments 2010. Countdown of the year's best water-cooler stories, featuring Cheryl Cole dreading Ashley, George Michael getting locked up for crashing his car into Snappy Snaps, Lady Gaga's meat dress, Chris Moyles' 30-minute on-air rant about his pay, Charlotte and Gavin's split and the end of Big Brother after a decade of fly-on-the-wall fun. 12.00 Poker. 1.00 SuperCasino. 3.55 Eddie Stobart: Trucks and Trailers. 4.45 House Doctor. 5.10 Nick's Quest. 5.35 Great Scientists.

Today's Choice



Rock & Chips, BBC1, 9pm
Writing a prequel to a sitcom as well-loved as Only Fools and Horses was always going to be a bit of a risk, but it seems fans were impressed by Rock & Chips when it aired earlier this year. In fact, they liked it so much that it's now been brought back for a Christmas special. For those who missed it, the comedy drama is set in 1960, when Del (played by inbetweeners James Buckley) really was still a boy. Rodney was but a babe in arms, and their mum Joan (Kellie Bright) had yet to make that seemingly never-ending list of death-bed requests. Here, the Trotters are facing a lean first Christmas in their new flat in Sir Walter Raleigh House, especially as dad Reg (Shaun Dingwall) is still on the dole. Things look up slightly when Joan goes back to her job selling ice-creams in the cinema, but could the release of smooth criminal — and Rodney's dad — Freddie (Robbali) (Nicholas Lyndhurst) and up melting her heart? Meanwhile, 16-year-old Del is making ends meet by selling American records that have fallen off the back of a boat. Kacey Ainsworth also stars.



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Overcoming overindulgence

Eating, drinking and partying can often leave you feeling less than merry. **KATE WHITING** looks at how to overcome the overindulgence and sparkle your way through the festive season.

INDIGESTION

✱ **PROBLEM:** Overdone it on the turkey, stuffing, mash, chocolate log, cheese and those few mince pies you nibbled on? If you're feeling bloated or have any discomfort in your chest or stomach, it's most likely due to indigestion.

✓ **WHAT TO DO:** Indigestion is caused by acid reflux, when the acid in your stomach escapes into your digestive system. The best way to reduce symptoms is by taking over-the-counter antacids like Maalox, which neutralise the acid. Eating slowly will also help. If you have indigestion frequently, you should see your doctor as it might be due to a more serious health problem.

HANGOVER

✱ **PROBLEM:** It's been one Christmas party after another, and all those vodka-tonics have finally caught up with you. If you seem to have a permanently sore head and a constant ringing in your ears, don't think the hair of the dog is going to help one bit.

✓ **WHAT TO DO:** Most hangover symptoms are caused by dehydration, as alcohol is a diuretic. It also eats up the body's store of vitamins and minerals, and reduces blood sugar levels - which might explain the throbbing headache. Water, and lots of it, is the best cure. In fact, following every alcoholic drink on a night out with a glass of water is said to help stave off a hangover.

But if you're still suffering the next day, a thin veggie-based broth (with bouillon) should help to replace your body's lost vitamins and minerals. Or try the new effervescent tablet from Berocca, Berocca Boost, which is packed with vitamins, minerals and guarana (£5.99 for 10 tablets from most supermarkets and pharmacies).

FLU

✱ **PROBLEM:** The brand new little

black dress does look lovely, but after going out in it without your woolly scarf and hat, it's no surprise you're now feeling under the weather. If you're coughing and spluttering and stuck in bed, you'll wish you'd followed some simple advice on how to tackle the flu.

✓ **WHAT TO DO:** Rest up at home by keeping warm under duvets and taking paracetamol, or Ibuprofen, which will relieve the symptoms (Boots Rapid Ibuprofen, £2.99 for 16 tablets). Drink plenty of water and herbal teas to flush out your system, and avoid caffeinated drinks like coffee as they'll just make you more dehydrated.

A good quality tissue like Kleenex Anti-Viral (£2.79 from www.lloyd-spharmacy.com) can kill 99.9% of all cold and flu viruses in the tissue, reducing your chances of spreading your cold - or catching it from a friend. A honey and lemon lozenge like Boots Sore Throat Relief Dual Action Lozenges, £1.65, which contains anaesthetic and antiseptic, will soothe the pain and fight infection.

FUNKY FEET

✱ **PROBLEM:** Brand new stilettos and a tipsy night could have your feet in agony. Blisters, swollen toes and even a sprained ankle could be yours for the taking, so take some precautions and learn how to dance the night away safely - ideally in flats.

✓ **WHAT TO DO:** If high heels are a must, banish the pain when you get home by using an ice pack of ice cubes wrapped in a towel, to reduce swelling and pain. Try elevating your feet by putting a pillow under them (even while you sleep) to help reduce inflammation. If you're still sore the next day, indulge in a soothing foot spa, like Scholl's Feet Treat Foot Spa, £29.99, from www.argos.co.uk.

DRY SKIN

✱ **PROBLEM:** If make-up is a must

and you've been wearing more than normal to all the seasonal parties, you might find that your skin feels tight, dry and stretched. It could also be the weather - the cold air outside and central heating inside play havoc with the body's natural oils. Sometimes it can even cause little white patches of dead skin around the nose and chin.

✓ **WHAT TO DO:** Drink water - and herbal teas - to help keep the body rehydrated. Coffee and black tea tend to dry out the skin, so keep those to a minimum. Wash with warm - not hot - water when you bathe, as hot water extracts moisture from the skin. Always wash off any make-up at night and use a good moisturiser, like Apicare's Restore Me Honey Nut Body Butter, which contains manuka honey to hydrate the skin and is non-sticky (£14.99 from Lloyds Pharmacy and www.simplymanuka.co.uk). Apply when the skin is still damp to maximise your skin's moisture potential.

COLD SORES

✱ **PROBLEM:** No more mistletoe for you, now that big red cold sore has appeared on the edge of your lip. Picking it will only make it worse, so avoid touching it if you can. They're also very contagious - so remember to steer clear of anyone else with one.

✓ **WHAT TO DO:** Warm compresses can ease the discomfort, but the best way for you to get rid of a cold sore is to use an over-the-counter cream or medication like Cymex (£2.19 from Boots and other pharmacies). Dab it on instead of rubbing it, and be sure to wash your hands before and after to limit the spread of the outbreak.

Cold sores can also be caused by herpes, so if you get recurring cold sores, you should see your GP. There might be a bigger health problem involved.

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December 30 TV

BBC1	BBC2	ITV1 London	Channel 4	Channel 5	Today's Choice
<p>6.00 Breakfast. 6.00 CBBC: The Sarah Jane Adventures. 9.35 The Slammer. 10.00 FILM: Antz (1998). Animated comedy, with the voice of Woody Allen. 11.30 FILM: Bridge to Terabithia (2007). Fantasy drama, starring Josh Hutcherson. 12.50 Just William. 1.20 BBC News. 1.30 Regional News. Weather. 1.40 Wallace & Gromit: The Wrong Trousers. 2.20 Doctor Who. 3.10 FILM: 102 Dalmatians (2000). Disney family adventure sequel, starring Glenn Close. 4.45 FILM: Lemony Snicket's A Series of Unfortunate Events (2004). Comedy adventure, starring Jim Carrey. 6.30 BBC News. Weather. 6.50 BBC London News. Weather. 7.00 Celebrity Mastermind. David Threlkell, James Redmond, Hattie Hayridge and Orla Doherty settle into the back chair to answer questions on their chosen subjects. 7.30 EastEnders. The Bennings and the Staines celebrate when Ronnie and Kat give birth, while Carol continues to follow her heart, unaware that Whitney's happiness is on the line. 8.00 DIY SOS: The Big Build — Littlehampton. Nick Knowles and the team head to West Sussex where a man spent his life savings on home improvements, but became depressed when rogue builders left the house in a wreck. 8.00 Toast. Drama about the childhood of food writer and cook Nigel Slater, based on his autobiographical novel of the same name. Freddie Highmore, Helena Bonham Carter and Kae Stott star. 10.30 BBC News. 10.45 Regional News. Weather. 10.55 Sport Relief 2010 — The Final Score. How the money is being spent in the UK and Uganda. 11.55 FILM: Lana Croft: Tomb Raider (2001). The gun-toting heroine battles a mysterious secret society as she searches for the legendary 'Triangle of Light'. Action adventure, with Angelina Jolie, Daniel Craig and Iain Glen. Starring Weatherview. 1.35 Sign Zone: When Harvey Met Bob. 3.05 Sign Zone: Upstairs Downstairs. 4.05 BBC News.</p>	<p>6.00 CBeebies: The Pingu Show. 6:10 Tummy Time. 6:20 Louie. 6:30 Quests with Jess. 6:40 Postman Pat. 7.00 CBBC: League of Super Evil. 7.15 Deadly 60. 7.40 Bear Behaving Badly. 8.05 Elliot Kid. 8.15 Shaun the Sheep. 8.25 Great British Railway Journeys. 8.55 Dombay Railway. 9.55 Wild China. 10.55 Who Do You Think You Are? 11.55 Victorian Farm Christmas. 12.55 FILM: Dances with Wolves (1990). Western, starring Kevin Costner. 3.45 Plog It! 4.30 Escape to the Country. 5.30 The Indian Doctor. 6.15 Weekend Link. Anne Robinson hosts a special edition of the quiz in which some of the country's loudest people answer general knowledge questions against the clock. 7.00 Coast. Neil Oliver has a flying lesson at the RAF's fighter pilot training school on Anglesey, and Hermione Costigan learns the secrets behind Blackpool's success as a tourist destination. 8.00 Three Men Go to Scotland. Conclusion. Rory McGrath, Gail O'Brien and Griff Rhys Jones continue their adventure in the Highlands, visiting Fingla's Caves and Britain's most remote pub. 9.00 The Rob Brydon Show. Rob chats to Jack Dee, Jo Brand and Alice Cooper, and there is music by Bryn Terfel and the London Welsh Male Voice Choir and New York jazz group the Hypnotic Brass Ensemble. 9.30 Never Mind the Buzzcocks. Robert Webb guest hosts the music quiz, with Cee Lo Green, Chris Packham, Andi Osho and Example joining team captains Phil Jupitus and Noel Fielding. 10.00 Shooting Stars. With Ronnie Wood, Thandie Newton, Ricky Tomlinson and Joanna Page. 10.30 Mock the Week. Highlights from the topical quiz. 11.00 Rich Hall: Hell No I Ain't Happy. A performance by the comedian American comedian at London's Hammerstein Apollo, featuring his alter ego — country musician Orla Lee O'Connell. 12.00 The Goodies. 12.30 Medium. 1.10 Medium. 1.55 BBC News. 4.05 Close.</p>	<p>5.35 ITV Morning News. 6.00 Daybreak. 6.30 Lorraine. 9.25 The Unforgettable Bob Monkhouse. 10.25 Joanne Lumley's Mile. 11.35 FILM: Agatha Christie's Murder in Three Acts (1966). Mystery, starring Peter Ustinov. 1.25 ITV News. Weather. 1.35 London News. Weather. 1.45 Smile: That Was Candid Camera. 2.45 Oliver Twist. 4.50 FILM: Jurassic Park II (2001). Action adventure sequel, starring Sam Neill. 6.35 London Tonight. Weather. 6.45 ITV News. Weather. 7.00 Emmerdale. Eric is shocked to see Michael Feldman on the anniversary of the plane crash, and accuses him of sending the messages. Gemma remains convinced that Andy trained the house. 7.35 Lion Country. David Yuldon prepares to release six-month-old cub Jabari and Jafari from the research trust, and tensions run high when an adult male is introduced to these females. 8.00 Emmerdale. Michael heads to the BSB claiming Eric murdered his mother. Val shows him the door but he makes it clear the situation is far from over. Declan struggles to resist Ella's charms. 8.35 Coronation Street. Tracy continues to make enemies on the Street as she tries to worm her way into a job at the factory, but an unforgiving male resident decides it is time to take revenge. 9.00 Ad of the Year. Ben Shephard narrates a countdown of the 20 best TV commercials of the past 12 months as voted for by viewers. With contributions by Keith Lemon and Lorraine Kelly. 10.00 ITV News at Ten. Weather. 10.30 London News. Weather. 10.35 FILM: X2 (2003). The X-Men are forced into an uneasy alliance with arch enemy Magneto to battle a common foe. Superhero adventure sequel, starring Hugh Jackman, Patrick Stewart and Ian McKellen. 12.55 FILM: House of Wax (2006). Horror, starring Elisha Cuthbert. 2.50 Surface. 3.35 ITV Nightvision.</p>	<p>5.55 Wilde Stories. 6.20 Wilde Stories. 6.50 Yo Gabba Gabba. 7.15 Everybody Loves Raymond. 7.40 Frasier. 8.05 According to Jim. 8.30 T4: Friends. 9.00 T4: The 4Music Video Honours: Top 20. 10.00 T4: Friends. 10.30 T4: The Simpsons. 11.00 T4: Glenn. 11.55 FILM: Inspector Gadget (1999). Disney comedy adventure, starring Matthew Broderick. 1.25 River Cottage Bites. 1.40 FILM: True Girl (1966). Western, starring John Wayne. 4.10 Deal or No Deal: Scrooge or Santa. 5.00 Celebrity Come Dine with Me. 6.00 The Simpsons. Lisa joins a group of eco-radicals. 6.30 Hollyoaks. Kaitleen prepares to conduct a dubious christening on baby Angel. 7.00 Channel 4 News. 7.15 Kirstie and Phil's Embarrassing Bits. Kirstie Allsopp and Phil Spencer present never-before-seen moments from Location, Location, Location, featuring a collection of gaffes, trips and slip-ups. 7.55 Location, Location, Location: A Decade in Property. Phil Spencer and Kirstie Allsopp mark 10 years of the show, looking back through the turbulent past decade of the UK property market and revisiting the stories of four buyers. 8.55 Phil and Kirstie's Homes for Heroes. The duo help first-time buyers who have served in the armed forces, including an amputee trying to rebuild his life and a couple ready to buy after years in Army quarters. 10.30 BBC Bailey: Timeless. The comedian performs at Wembley Arena. 11.30 thought.tv. Exploring the nation's favourite Christmas carols. 11.35 Frankie Boyle's Trampolined Nights. The comedian picks apart aspects of modern life. 12.55 Frankie Boyle's Trampolined Nights. 12.40 Music on 6: The Album Chart Show Spotlight. 1.10 The Real Housewives of New Jersey. 2.40 King of the Hill. 3.00 King of the Hill. 3.35 King of the Hill. 3.45 FILM: Tales from Earthsea (2006). Premiere. Animated fantasy. 5.35 Hill Street Blues.</p>	<p>6.00 Milkshake! Thomas & Friends. 6.10 Roary the Racing Car. 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. 6.35 Bert and Ernie's Great Adventures. 6.40 Rupert Bear. 6.50 Peppa Pig. 7.00 The Wolf! Wolf! 7.15 The Mr Men Show. 7.30 Thomas & Friends. 7.45 Noddy in Toyland. 8.00 Phil and the Flowerlets. 8.15 Peppa Pig. 8.25 Peppa Pig. 8.35 Roary the Racing Car. 8.45 Hana's Helpline. 8.55 Iggy Ogan. 9.10 Little Princess. 9.25 Olivia. 9.45 The Mr Men Show. 10.00 KB. 10.35 Panda Week with Nigel Marven. 11.05 Ice Road Trucks. 12.05 Extreme Fishing with Robson Green. 12.55 Five News. 1.00 FILM: Alice in Wonderland (1909). Fantasy adventure, starring Tina Majorino. 3.45 FILM: From Here to Eternity (1953). Second World War drama. 6.05 Eddie Stobart: Trucks and Trailers. The drivers deliver a herd of polo ponies to a major sporting event, and demonstrate the precautions they take to prevent illegal immigrants slowing away on their vehicles. 7.00 Cowboy Builders. Malinda Messenger and the team help a West Country couple work on their incomplete extension, while Dominic Littlewood sets off in search of the builder who left it unfinished. Five News Update. 7.55 Some Mothers Do 'Ave 'Em. Seasonal special from 1975. Frank loses another job and hopes to make up for it by appearing on a DIY programme and passing his 10th driving test, but as usual nothing goes to plan. 9.00 Butterflies. Ria finds herself forced to do everything she hates over Christmas. A 1979 festive special of the sitcom comedy, starring Wendy Craig. 9.45 Terry and June. Christmas arrives in the suburbs. 10.35 FILM: Down and Out in Beverly Hills (1985). Comedy remake, starring Richard Dreyfuss. 12.25 SuperCasino. 3.55 Eddie Stobart: Trucks and Trailers. 4.45 House Doctor. 5.10 Nick's Quest. 5.35 Great Scientists.</p>	<p>Location, Location, Location: A Decade in Property, Channel 4, 7.55pm Oh how times have changed since Location, Location, Location made its debut on our screens. It first aired in May 2001, and featured a fresh-faced duo called Phil Spencer and Kirstie Allsopp. Although they were both newcomers to the small screen, it wasn't long before they became household names — and they're now so famous in their own right that they've since hosted their own shows. The title came from a phrase commonly used by property experts to describe the most important factors in deciding whether or not to purchase a place. Back in 2001, the UK housing market was enjoying a boom, with more people than ever taking a plunge and getting a mortgage. Prices were also on the rise, but it was not to last — the recession hit and these days it's difficult to get a loan, never mind find somewhere affordable. In this celebration of the show, Kirstie and Phil meet buyers they've helped in the past, including Kate Pybus, who featured in that very first episode.</p>

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Monday 24th to Friday 28th January (5 days) £275 per person

Set in acres of rolling parklands on the edge of Sherwood Forest. Hotel Indoor facilities include: Bars, fencing, heated indoor swimming pool & spa pool, snooker & games rooms, pavilion coffee shop and gift shop. The hotel has a luxurious spa complex with unrivalled health and beauty facilities. Outdoor facilities include air rifle shooting, archery, croquet, golf practice net, outdoor bowls green and tennis.

GUNTON HALL COASTAL RESORT, Lowestoft

Monday 24th to Friday 28th January (Special Break) £199 per person

Gunton Hall combines the best of coast and countryside. Comfortable en-suite chalets are placed around 50 acres of grounds, secluded woodland and freshwater fishing lake. Many outdoor and indoor facilities available.

LAKESIDE COASTAL RESORT, Hayling Island (Warner's)

Monday 24th to Friday 28th January (Drinks All Inclusive Break) £239 per person

Great views, a 20 minute walk to the beach, sea air and sea-faring attractions are all yours to enjoy during a stay at lakeside. There are many indoor facilities available including live nightly entertainment, six-rink indoor bowls complex, heated indoor swimming pool, hair salon, short mat bowling and curling. Outdoor facilities include air rifle shooting, archery, outdoor bowls green and short tennis. Accommodation in en-suite chalets located around the resort.

BODELWYDDAN CASTLE HOTEL, Denbighshire, North Wales

Monday 17th to Friday 21st January (Special Break) £255 per person

Soak up the rolling Welsh hillsides from Bodelwyddan. Hotel indoor facilities include coffee shop, four rink indoor bowls complex, gift and general shop, hair salon, health and beauty therapies, health suite and plunge pool, sauna, steam room, tropicarium and fitness studio, heated indoor swimming pool and spa pool, snooker and games room, table tennis and three bars. Outdoor facilities include air rifle shooting, archery, croquet, outdoor bowls green and tennis.

*All the above prices includes luxury coach travel, outings during your stay, nightly entertainment and half board accommodation (unless where stated)

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New Year's Eve TV

BBC1

6.00 Breakfast. **9.00** CBBC: Horrible Histories: Savage Songs. **9.30** What's New Scooby-Doo? **9.55** FILM: Rigat's Big Movie (2003). Animated adventure, with the voice of John Pledger. **11.00** FILM: Paula (1998). Family adventure, starring Gena Rowlands. **12.25** Just William. **12.55** BBC News. **1.00** Regional News. **Weather**. **1.10** Doctor Who. **2.10** FILM: Shark Tale (2004). Animated adventure, with the voice of Will Smith. **3.30** FILM: The Sound of Music (1965). Rodgers and Hammerstein musical, starring Julie Andrews. **6.30** BBC News. **Weather**. **7.00** BBC London News. **Weather**. **7.00** Celebrity Mastermind. Adam Boulton, Toby Buckland, Kirsten O'Brien and Piers Thomas answer question on their specialist subjects and in a general knowledge round. John Humphrys chairs. **7.30** A Question of Sport. Len Goodman, Anton du Sable and Chris Hollins are among the guests on a Strictly Come Dancing-themed edition of the quiz. **8.00** EastEnders. Kat is rushed back into hospital, and Roseie suffers a trauma that prompts her to take desperate action. Billy tries to kiss Julie under the mistletoe—but Mo ruins the moment. **8.40** Jonathan Creek. Jonathan and sidekick Joey investigate bizarre occurrences at a crime writer's house. With Alan Davies, Sheridan Smith and guest Paul McGann. **10.15** BBC News. **Weather**. **10.40** The Graham Norton New Year's Eve Show. The host presents a festive edition of the chat show, and is joined by celebrity guests and music acts to get ready for the New Year. **11.45** The National Lottery Friday Night Draws. With DJ Borg. **11.50** New Year Live 2010. Presenter Jake Humphrey is in London to bid goodbye to 2010 and welcome in the New Year along with the chimes of Big Ben and a fireworks display. **12.30** FILM: Lara Croft: Tomb Raider — The Cradle of Life (2003). Action adventure sequel, starring Angelina Jolie. **2.10** BBC News.

BBC2

6.00 CBBC: The Pingu Show. **6.10** Timmy Time. **6.30** The Large Family. **6.35** Octonauts. **7.00** CBBC: League of Super Evil. **7.15** Deadly 60. **7.40** Bear Behaving Badly. **8.05** Arthur. **8.35** Great British Railway Journeys. **9.05** Bombay Railway. **10.05** Wild China. **11.05** Wilko Do You Think You Are? **12.05** Legends: The Beverly Squires — Ticked Pink. Profile of the British female group. **1.05** FILM: Nicholas Nickleby (2002). **3.15** Fog II: From Bury St Edmunds, Suffolk. **4.00** Escape to the Country. A couple search for their first home in south Bedfordshire. **4.45** The Indian Doctor. Priem devises a plan to diagnose the miners' health problems. **5.30** Janus Mag: My States' Top Top. A celebration of toys through the decades. **6.30** FILM: Just Like Heaven (2006). A doctor is involved in a car crash and awakens in his own apartment in spirit form. However, the spectral medic is surprised to discover someone else is already living there. But as she comes to terms with the situation, she begins to fall in love with her very much alive cohabitant. Romantic fantasy, starring Reese Witherspoon. **8.00** Edwardian Farm. Alex Langlands, Peter Ginn and Ruth Goodman put on a party when a paddle-steamer docks at the Morwellham Quay, bringing a group of tourists to the Tamar Valley. **9.00** 100 Years of the London Palladium. Celebrating the centenary of one of the world's most famous theatres, with contributions by Cliff Richard, Bruce Forsyth and Andrew Lloyd Webber. **10.00** Grumpy Old Men. Contributors including Jimmy Eatrick, Anabella Weir, Bill Oddie, Jeremy Clarkson, Linda Robson and Sharna Guitai voice their opinions on New Year's Eve celebrations. **11.00** Joke! Annual Hootsman 2010. Joke! Holland brings in the New Year, with music by Kylie Minogue, Celine Dion, Roger Daltrey, Wendie Jackson, Toots Hibbert, Plan B, Rumer, Bellowhead and Vampire Weekend. **1.15** TOP2: 80s Special. **2.15** Close.

ITV1 London

5.30 ITV Morning News. **6.00** Daybreak. **6.30** Lorraine. **9.25** This Morning: The Very Best of 2010. **10.40** Joanna Lumley's Mile. **11.40** David Suchet on the Orient Express. **12.40** ITV News. **Weather**. **12.50** London News. **Weather**. **12.55** Oliver Twist. **3.00** FILM: The Living Daylights (1987). James Bond adventure, starring Timothy Dalton. **5.30** London Tonight. **5.45** ITV News. **Weather**. **6.00** It's Paul Burrell. The Britain's Got Talent finalist is joined by fellow impressionists Jess Robinson, Eve Webster and Anthony Spargo to present a topical look at the celebrities who have shaped 2010. **7.00** Emmet. Eric takes Michael to the countryside, intending to get rid of him for good, while Val quizzes Alan about the plane crash. **7.30** Coronation Street. Tracy sets her sights on a second conquest, but an argument ensues when the man in question snubs her advances. Gary is coaxed into going to the Rovers to see in the New Year. **8.00** You've Been Framed! Canadian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage. **8.45** Coronation Street. The Rovers' festivities get under way and Tracy wastes no time boasting about her antics, but the evening takes a dramatic turn when she is later found lying in a pool of blood. **9.10** FILM: Elizabeth: The Golden Age (2007). Premiere. Elizabeth I wrestles with her feelings for Sir Walter Raleigh while Spain prepares a naval attack on England. Historical drama sequel, with Cate Blanchett and Clive Owen. **11.30** That Was 2010. The major news stories of the past year, including the rescue of the Chilean miners, the General Election and the announcement of Prince William's engagement. **11.45** ITV News. **Weather**. Countdown to 2011. **12.05** FILM: Mars Attacks! (1996). Sci-fi comedy, starring Jack Nicholson. **1.50** FILM: Outland (1981). Sci-fi thriller, starring Sean Connery. **3.40** ITV Nightscreen.

Channel 4

6.25 Sail Mail. **6.30** Planet Cook. **6.50** Yo Gabba Gabba. **7.15** Everybody Loves Raymond. **7.35** Foster. **8.00** According to Jim. **8.30** T4: Friends. **9.00** T4: JLS Only Tonight: Live in London. **9.55** T4: Friends. **10.25** T4: 127 Hours: T4 Movie Special. **10.55** T4: Glee. **11.50** T4: The Simpsons. **12.20** Wedding House. Two performers with the Moscow State Circus tie the knot. **1.15** FILM: Doctor Dolittle (1967). Musical comedy, starring Rex Harrison. **4.00** Deal or No Deal: Scrooge or Santa. Festive edition of the game show. **5.00** Celebrity Come Dine with Me. Featuring Tom O'Connor, Kim Woodburn and Claire Sweeney. **6.00** The Simpsons. As the Thanksgiving holiday approaches, Mr Burns hires Homer to amuse him by playing pranks on oil and security. **6.30** Hollyoaks. Bart tells the McCusks Jasmine's secret. **7.00** Channel 4 News. **7.15** Relocation: Phil Down Under. Phil Spencer meets Lee and Bronagh Davidson, who want to purchase a new property in Perth. **8.10** Come Dine with Me. Four contestants from Wakefield, West Yorkshire, compete across a week to throw the perfect dinner party. **9.10** Channel 4's Comedy Gala. In one of the biggest stand-up shows in UK history, more than 20 famous faces take turns to perform at the O2 in London in aid of Great Ormond Street Hospital. Michael McIntyre, Lee Evans, Catherine Tate, David Mitchell, Jack Dee, James Corden, Sean Lock, Jo Brand, Rob Brydon, Jonathan Ross and Ruth Jones are among those taking to the stage, and dance troupe Stamp performs routines with Alan Carr and Bill Bailey. **11.40** Father Ted. Douglas and Ted compete with their rivals over on Rugged Island for the dubious honour of representing Ireland in the Eurovision Song Contest. **12.10** Father Ted. **12.45** Father Ted. **1.15** Father Ted. **1.40** The Real Housewives of New Jersey. **3.35** Brothers & Sisters. **4.25** E! 5.10 Hill Street Blues.

Channel 5

6.00 Milkshake! Thomas & Friends. **6.10** Roary the Racing Car. **6.20** The Adventures of Bottle Top Bill and His Best Friend Corky. **6.35** Bert and Ernie's Great Adventures. **6.40** Rupert Bear. **6.50** Peppa Pig. **7.00** The Wolf! **7.15** The Mr Men Show. **7.30** Thomas & Friends. **7.45** Noddy in Toyland. **8.00** Phil and the Flowercots. **8.15** Peppa Pig. **8.20** Bert and Ernie's Great Adventures. **8.30** Peppa Pig. **8.35** Roary the Racing Car. **8.45** Hana's Helpline. **8.55** Igan Ogan. **9.05** Castle Farm. **9.10** Little Princess. **9.25** Olivia. **9.45** The Mr Men Show. **10.00** K9. **10.35** Panda Week with Nigel Marven. **11.25** Ice Road Truckers. **12.05** Extreme Fishing with Robson Green. A visit to America's eastern seaboard. **12.55** Five News. **1.00** Terry and June. **1.40** Butterflies. **2.25** Some Mothers Do 'Ave 'Em. Seasonal special from 1970, with Michael Crawford. **3.30** Arabian Nights. Feature-length adventure, with Jason Scott Lee. **7.00** Eddie Stobart: Trucks and Trailers. A trucker takes on the challenge of racing the Eddie Stobart train from Rugby to Glasgow, and a young recruit tries to perform a difficult manoeuvre. Five News Update. **8.00** Cowboy Builders. Melinda Messenger and Dominic Littlewood come to the aid of a couple whose dreams of adoption were ruined by a builder who did not complete renovations on their home. **9.00** FILM: Shadow Man (2006). A former CIA agent sets out to rescue his kidnapped daughter from terrorists who are planning to unleash a deadly virus. Action thriller, starring Steven Seagal and Ingrid Ståurton. **10.50** World's Most Extreme Airports. Documentary highlighting the conditions at 10 of the world's most dangerous airports, where pilots face unpredictable weather, tough terrain, high-rise buildings and short runways. **12.15** SuperCasino. **8.55** Eddie Stobart: Trucks and Trailers. **4.45** House Doctor. **5.10** Nick's Quest. **5.35** Great Scientists.

Today's Choice



The Graham Norton New Year's Eve Show, BBC1, 10.40pm
BBC bosses have certainly had their money's worth out of Graham Norton this year, with a hectic work schedule that has left him rushed off his feet. A stint sitting in for Chris Evans on his Radio 2 breakfast show, along with BBC One duties on Over the Rainbow and Eurovision, as well as this ever popular chat show, have kept the ubiquitous celeb in the spotlight for weeks now. And the fact he's taken over from Jonathan Ross on the Saturday morning Radio 2 show means there's little sign of the public eye just yet. There's something about him; something comfortable that his guests - and people in general - can't help but warm to. So it's fitting that the host with the most would be chosen to round-off a brilliant year, with another brilliant line-up in a New Year's Eve special. As always, he welcomes more famous faces to the studio for another round of gossip, chat-chat and general frivolity. Happy New Year!



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Photo: Maitreya's miraculous appearance in Nairobi on 11th June 1988

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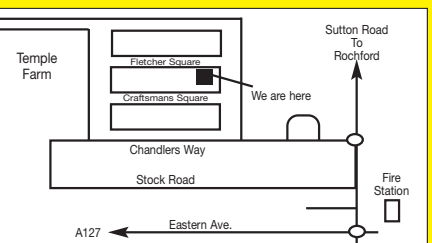


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2007 57 Adria Vision A Class AUTOMATIC... £46,995
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2003 03 Euramobil 610 Tag A Class... £36,995
2009 09 Ford Autoroller 700 7 Berth 2k mls... £35,995
2008 58 Swift Sundance 530LP 3k mls... £29,995
2004 54 Timberland Freedom 2.8 JTD... £29,995
2002 02 Mercedes Autral Cheyenne 630... £29,995
2004 04 Mercedes Kentucky Rear U 6 Bth... £29,995
2006 06 Ford Atom Single bed/garage... £26,995
2005 05 McLouis Glen 432 2.8 JTD 5 Berth... £25,995
2005 05 Avondale Seascope 5 CSX 4 Bth... £25,995
2003 03 Timberland Freedom 2.8 Semi Auto... £24,995
2005 05 Romahome Duo HyLo 2.0 Hdi... £19,995
2002 02 Autoroller AR1 5 Berth... £19,995
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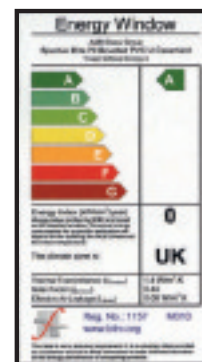
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Baby & Toddler of the Year 2010

Finalists



0 – 9 Months



**1002
Fayth**



**1016
Alfie**



**1020
Louie**



**1021
Tiana**



**1025
Alfie**



**1030
Grace**



**1031
Ava**



**1032
Charlie**



**1041
Alfie**



**1044
Daisy**

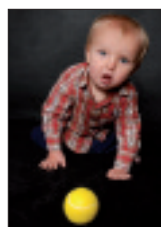
10 – 18 Months



**2007
Tia**



**2008
Oscar**



**2009
Jacob**



**2011
Tyler**



**2012
Heston**



**2015
Layla**



**2017
Owen**



**2020
Katie**



**2029
Kenzo**



**2034
Chay**

19 – 36 Months



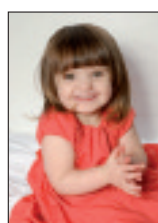
**3001
Connie**



**3010
Olivia**



**3020
Lexi**



**3026
Olivia**



**3029
Niamh**



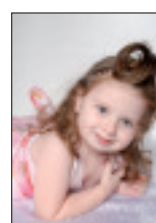
**3030
Abbie**



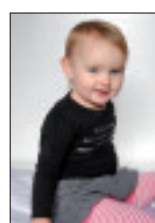
**3034
Jasmin**



**3035
Edward**



**3038
Kaitlin**



**3039
Sophie**

3 – 6 Years



**4002
Jessica**



**4004
Thomas**



**4005
Michelle**



**4006
Freya**



**4008
Beatrice**



**4011
Rosanna**



**4018
Nathan**



**4019
Demi**



**4020
Stan**



**4021
Charlie**

The finalists from each age group have been chosen by Yellow Advertiser readers for a chance to be voted Southend Yellow Advertiser Baby & Toddler of the Year 2010. Our judging panel will choose a winner from each category and an overall winner.

The winner will receive a framed 15"x12" print of the winning portrait worth over £100 and a trophy. The winners of each category will receive a framed 15"x12" print worth over £100. Winners will be announced in the Yellow Advertiser on Thursday 23rd and 30th December 2010 and on our website www.yellowadvertiser-today.co.uk

TERMS AND CONDITIONS: Only portraits taken by Dawson Strange Photography, at one of the venues advertised are eligible for entry into this competition. Children of employees or relatives of employees of Dawson Strange Photography, the Yellow Advertiser or associated companies may not enter. Whilst every care is taken, the Yellow Advertiser claims no responsibility for photos taken but not published, incorrect or misspelt names or babies in the wrong age category appearing in the supplements. It is a condition of entry that any pictures taken will be copyright of Dawson Strange Photography Limited and the Yellow Advertiser, and may be used for publicity, both nationally and internationally, without restriction or payment. No cash alternatives as prizes permitted. The newspaper accepts no responsibility for any damage or injury caused by competition prizes. The editor's decision is final and no correspondence will be entered into.

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SOUTHEND ON SEA - £175,000
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SOUTHEND ON SEA - £79,950
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LARGE ONE DOUBLE BEDROOM GROUND FLOOR FLAT CLOSE TO THE CLIFFS PAVILION: Lounge: Fitted Kitchen/Breakfast Room: Central Heating: Private Courtyard Garden: AVAILABLE NOW: UNFURNISHED: SS0 7QX



RUNWELL TERRACE, SOUTHEND £695 PCM
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SOUTHBOURNE GROVE, WESTCLIFF £595 PCM
UNUSUAL DETACHED ONE DOUBLE BEDROOM BUNGALOW CLOSE TO SOUTHEND HOSPITAL: Lounge: Modern fitted Kitchen: Central Heating: Car Port: AVAILABLE MID DECEMBER: UNFURNISHED: NO PETS: OVER 25s: SS0 0AA



HIGH STREET, SHOEBURY £625 PCM
TWO DOUBLE BEDROOM GROUND FLOOR FLAT CLOSE TO EAST BEACH: Lounge: Modern fitted Kitchen: Central Heating: Part double glazed: Garden: AVAILABLE NOW: UNFURNISHED: NO PETS: SS3 9AS



CAMBRIDGE ROAD, SOUTHEND £625 PCM
LARGE TOP FLOOR FLAT IN THE HEART OF THE CONSERVATION AREA: Lounge: Kitchen/Breakfast room: One large double bedroom, bedroom two/study: Bathroom with shower: Central heating: Gardens: AVAILABLE NOW: PART OR UNFURNISHED: NO PETS: SS1 1ET



PARK STREET, WESTCLIFF £750 PCM
TWO DOUBLE BEDROOM COTTAGE CLOSE TO BOTH MAINLINE RAILWAY STATIONS AND TOWN CENTRE: Lounge: Separate Dining Room: Modern fitted Kitchen: Central Heating: Double Glazed: Garden: AVAILABLE NOW: UNFURNISHED: NO PETS: SS0 7PA

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Available Now
EASTWOOD £795 pcm
Modern 2 bedroom first floor flat with good size open plan lounge, kitchen with appliances, bathroom / w.c. en-suite shower room, allocated parking space, re-decorated throughout, available now!



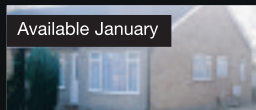
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LEIGH-ON-SEA £795 pcm
Extremely Spacious 2 bedroom maisonette with modern kitchen, large lounge / diner with balcony, bathroom / w.c. with shower, own garage, unfurnished, available soon!



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RAYLEIGH £795 pcm
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Spacious 3 bedroom semi-detached bungalow with modern kitchen and modern bathroom, 3 bedrooms, lounge, double glazing, parking for 2, unfurnished



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RAYLEIGH £950 pcm
Excellent 3 bedroom semi-detached house with a large kitchen / diner, lounge, 3 double bedrooms, bathroom, garage, garden, driveway, unfurnished december



Available Now
RAYLEIGH £995 pcm
Beautifully maintained 3 bedroom semi-detached house, 3 good size bedrooms, large lounge, kitchen with all appliances, modern bathroom, conservatory, large driveway, available early jan



New This Week
RAYLEIGH £995 pcm
Beautifully maintained 3 bedroom semi-detached house, 3 good size bedrooms, large lounge, kitchen with all appliances, modern bathroom, conservatory, large driveway, available early jan



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LEIGH-ON-SEA £1,100 pcm
Outstanding 3 bedroom 1st and 2nd floor maisonette, 3 doubles, huge master bedroom with dressing room & en-suite, bathroom, parking space, unfurnished



Available Now
RAYLEIGH £1,290 pcm
Excellent detached 4 double bedroom family house situated close to high street & station, lovely kitchen, spacious lounge and separate dining area, unfurnished



Excellent Home
RAYLEIGH £1,300 pcm
Superb, spacious 4 bedroom detached house, large lounge, sep. dining room, kitchen / diner with all appliances, utility room, good size garden, garage & carport, unfurnished, available 1st december.

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Canvey Island £166,995

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Garage and off-street parking.

Benfleet 01268 565555



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- Sales
- Lettings
- H.I.P.s
- Surveys

Overseas demand for homes remains strong

Overseas buyers are continuing to snap up residential properties in Britain attracted by a historically weak sterling and cheaper residential property prices.

Last week, housebuilder Berkeley Group posted strong profits in the six months to November, largely due to a surge in demand from foreigners for new build homes in London and the South East.

The Berkeley Group, the UK's largest residential property developers, has significantly increased its exposure overseas in the past year or so, particularly in Asia.

Recent research by CB Richard Ellis revealed that property investors in China, where the number of super-wealthy individuals continues to grow rapidly, have now replaced Russian buyers as major players in the UK property market.

Buyers with foreign currency are currently enjoying attractive discounts on homes in this country as sterling continues to remain weak.

Weaker property prices and currency exchange level means that property is essentially between 25 per cent and 35 per cent cheaper for buyers with Japanese yen, Hong Kong dollars, American dollars, Saudi riyal and the United Arab Emirates dirham.

Rob Perrins, Berkeley's managing director, told the press: "Overseas buyers see London as a great place to own [property], especially as many of them feel they are getting in at the bottom. But we know it could all stop tomorrow and the big challenge for us is to keep finding sites where we can attract buyers, locally or otherwise, with access to capital."

Demand also strong for affordable homes

A lack of mortgage credit availability, a shortage of new build homes and government austerity measures, has pushed the affordable housing sector into the spotlight in 2010, but 2011 could be an even stronger year for the sector.

Housing association L&Q expect affordable home sales to double next year compared to this year, due to a surge in demand for many of its property developments.

The company has announced that it has a much larger pipeline of affordable housing developments next year, reflecting stronger demand for affordable homes.

People who earn from just £12,000 per year potentially qualify to buy a share in some affordable homes currently offered by L&Q.

"Many people are interested in homeownership and see affordable housing sector as an ideal way to get an initial foot on the property ladder."

For further information and a comprehensive list of affordable homes for sale in Essex, log-on to www.whathouse.co.uk

By Marc Da Silva.



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Please check with your club that it is running over the Christmas period.

Saturday, December 18

■ Walk - Essex Area Friends Group Ramblers meet at 10.30am at Castle Inn, Little Wakering. Call Jim on 05601 526649.

■ The Dove Singers Christmas Concert at Trinity Methodist Church, Clayhill Road, Basildon, 7.30pm. Tickets £5 adults, £4.50 concessions, includes refreshments.

■ The Friends of Hadleigh Church are holding a Christmas Concert with Gaudeamus at St James the Less Church, High Street, Hadleigh, 7.30pm. £8, including refreshments.

■ The Margueriteville Country Music Club Xmas Party with Steve Scott's Changes, St Michael's & all the Angels Church Hall, 62 Leigh Road, Leigh, 8pm to 11pm. Entrance £7.50 members/£9 non-members. Buffet provided, but bring own drink. Call Darrell on 07825 686249.

■ Xmas social ballroom dance at The Paddocks, Long Road, Canvey Island. Call Tel on 07748 707122.

■ Christmas Concert by Orpheus Singers and Leigh Orpheus Male Voice Choir at 7.30pm at Sweeney Park School, Rayleigh. Tickets £8, £7 concessions. Call 01702 547915 or 01702 477911.

■ Christmas family fun day at Hannakins Farm Community Centre, Rosebay Avenue, CM12 0SY. 2pm to 5pm.

■ Walk - South East Essex Ramblers meet at 9.15am at Victoria Road car park, Rayleigh, for South Woodham Ferrers country park. Call Gordon on 01702 523837.

■ Indoor boot sale at Pinnails Hall, corner of Rectory Road and Crest Avenue, Pitsea. 10am to 1pm. Call 01268 555952.

■ Christmas craft day at Crowstone Christian Centre, 91 Crowstone Road, Westcliff. 2pm to 5pm. £8 per child. Call 01702 352668.

■ Rock at The Riga - Eddie & the Hotrods Christmas gig, 228 London Road, Westcliff. £8 advance, £10 door. Call 01702 348020.

■ Dad's and Kids Club, The Warehouse

Centre, 7 Brook Road, Rayleigh, Saturdays 10.30am-1.30pm, free admission, games, activities, arts and crafts, for boys and girls 5-17 years with their fathers and father figures. 01268 779100.

■ Saturday Morning Club, St Michaels Church Hall, Leigh Road, every Saturday 10am-noon, entertainment provided by choirs, soloists and musicians, refreshments, 'Bring and Win' raffle, admission free, Inter-Church Caring for the Elderly and Disabled. 01702 437863.

■ Different Strokes Exercise Class, St Peter's Church Hall, Eastbourne Grove, Southend, for those who have had a stroke, every Saturday 2.30pm. 01702 465801.

■ Meeting, Brush Strokes Art Group, Highlands Methodist Church, Leigh, Saturday mornings, for membership details call Bob 01702 585584.

■ Jazz Workshop, Southend Jazz Co-op, St Michael's Church Hall (rear car park entrance), Leigh Road/Mount Avenue, Leigh, every Saturday 10am-1pm, £5 per session (concessions available).

■ Art and Crafts for Kids, every Saturday in Southend, 10am-noon, from ages 7 and above, call Marie 01702 329408.

■ Football School for Girls, Fryerns Recreation Ground, £1 drop in sessions every Saturday 10.30-11.30am, in association with Leigh Celtic Girls and Ladies FC. 07882 456558.

■ Fun Football Training Sessions, Memorial Park, Wickford (Highcliff Road entrance), Saturdays 9.30-10.30am, under 5s and under 6s, parents encouraged to stay and watch, boys and girls welcome, 01268 769902.

■ Footie Tots, Swain School, Rayleigh, Saturdays from 9am, 3 years upwards, Shane 07887 627385/07790 938009.

■ Modern Sequence Dancing, St Andrew's Church Hall, Electric Avenue, Westcliff, every Saturday 7-9.30pm, Henry 01702 293794.

Sunday, December 19

■ Walk - South East Essex Ramblers meet at 10am at Rayleigh Weir Sainsbury's for walk starting at Great Wakering Church. Call Graham on 01268 685000.

■ Jazz, Westcliff Hotel, Westcliff, Ron Spack's Dinner Jazz, 1pm. 01702 345247.

■ Short Mat Bowls, Sundays 7.30-10pm, all welcome, £1.50 entry, call Dave 01268 527084.

■ American Football, Essex Spartans, junior players wanted aged 14-19, training Hannakins Farm, Rosebay Avenue, Billericay, Sundays noon-2pm, further details contact

Coach, Alan 07794 210194.

■ Men's Futsal Football Sessions, Markhams Chase, Basildon, Sundays 8-10pm, all abilities welcome, £4, Paul 07882 456558.

■ Quaker Meeting for silent worship and meditation, Quaker Meeting House, Dundonald Drive, Leigh, Sundays 10.30-11.30am, followed by conversation over tea and biscuits, all welcome.

■ Greek Community of Southend and District, Church of St Barbara, St Phanourios and St Pauls, Salisbury Avenue, Westcliff, Sundays 10am-noon. 01702 466435.

■ Sunday Club, TGH Evangelical Church, Kiln Road, Thundersley, (children 3-12 years), Bible stories, craft, singing, every Sunday 10.45-11.45am, no charge, 01702 554904.

Monday, December 20

■ Jazztet with John Sharpe and Mike Warner at Oakwood PH, Rayleigh Road, Eastwood, 8.30pm. Call 01702 512819.

■ Leigh on Sea Caledonian Dancers, St James Church Hall, Elmsleigh Drive, Leigh, Mondays 7.30-10.15pm, new members welcome, first night free. 01702 354414.

■ Southend Chess Club, Ambleside Social Club, Ambleside Drive, Southend, Mondays 7.30pm, new members welcome, beginners or experienced players. 01702 345902.

■ Duplicate Bridge, Highlands Methodist, Olive Avenue, opposite Thames Drive, Mondays 1pm and Tuesdays 7pm.

■ Short Mat Bowls, Monday/Tuesday afternoons in Thundersley, beginners welcome, details 01268 779174.

■ Club 60, Floor 3, Queensway House, Essex Street, Southend, various activities every weekday, tea bar, non-members welcome, £1.50 day pass, 01702 613562.

■ Indoor Short Mat Bowls, Prittlewell Bowls Club, Priory Park, Southend, two mats available, with 5 day sessions, Monday to Friday, new players welcome, Ray 01268 777666.

■ Come and try Lawn Bowls, VCA Riverview Bowls Club, Mopsies Park, Basildon, beginners very welcome, all equipment supplied, any Monday 5.30-7.30pm, or Tuesday 10am-noon, enquiries Dave Tandy 01268 762754.

■ Indoor Bowls, George Hurd Centre, Audley Way, Basildon, for over 50s, Mondays 2-4pm, Tuesdays 2.15-4.45pm, Wednesdays 1.30-3.30pm. 01268 465854.

■ Whist, George Hurd Centre, Audley Way, Basildon, for over 50s, every Monday 10am-noon, details 01268 465854.

■ Senior Citizens Club, Ghyllgrove Centre,

Butneys, every Monday 1.30-3.30pm, make friends, bingo, trips. 01268 293995.

■ Pensioners Stall, York Road Outdoor Market, Southend, all tops, skirts and trousers all at £1 each, every Monday and Thursday 8am-2pm.

■ Evening of Clairvoyance, Room 2, Paddocks, Long Road, Canvey, every Monday, doors open 7.30pm, admission £3, all profits donated to local charities, healing available after service 9pm, 01268 691922.

■ Healing, every Monday in Basildon from 10.30am-4pm, qualified NFSH healers, no charge, all donations to local Hospice, call 07956 353564 for an appointment.

■ Development Healing Circle, Face Salon, Burdett Avenue, Westcliff, an understanding of spiritual healing and prayer, every Monday 8-9.30pm, further details 07879 004744.

■ Playaway, Ingaway Chapel, Lee Chapel South, parent and toddler group, Mondays 10.15-11.15am, Thursdays 9.15am and 10.15am, Tanya 01268 413624.

■ Fitness Walking, from Leigh Tennis Club, Highlands Boulevard, Leigh, every Monday and Thursday 7.15-8.15pm, 01702 715509.

■ Scrabble Club, Wesley Methodist Church Hall, Elm Road, Leigh Broadway, (opposite police station), friendly club, all standards welcome, every Monday 7-10pm, £2.50, just turn up or call 01268 727915.

■ Sequence Tea Dance, Ashingdon Memorial Hall, Ashingdon, Rochford, Mondays 2-4pm, visitors Welcome. 01702 205969.

■ Learn Irish Set Dancing, St Helen's Church Hall, Westcliff, every Monday 8.30pm, further details Margaret 07711 517439.

Tuesday, December 21

■ Walk - Essex Area Friends Group Ramblers meet at 10.30am at Horse & Groom, Galleymood. Call Ivor on 01245 269830.

■ Spike's Place Jazz Club at Hadleigh Hall, Rectory Road, Hadleigh. Xmas party with Tommy Whittle, Jo Fooks and Sue Rivers and Trio. Tickets £12-£15 including food. 8pm. Call 01245 420475.

■ Are you single and over 50? Come and join our friendship group at 8.30pm every Tuesday at South Benfleet Club, Benfleet. Call Maureen on 01268 692998.

■ New and Nearly New Stall, outside St Martin's Church, Town Centre, Basildon, facing the gardens (if wet in church foyer), every Tuesday 10am-noon.

■ Table Tennis, Warehouse Centre, 7 Brook Road, Rayleigh, Tuesdays 7.30-10.30pm, all welcome, £3.50 a session. 01268 779100.

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what's on

■ Table Top Sale, Outpatients Foyer, Southend Hospital, every Tuesday 9.30am-3pm, Breathe Easy Southend, helping support people with lung problems. 01702 258661.
■ Singles Friendship Club for 55s and over, South Benfleet Social Club, every Tuesday, further details Maureen 01268 692998.
■ Singles Social Group, meets Halfway House Pub, Eastern Esplanade, Southend sea front, age group 50-65, every Tuesday 8pm. 07752 613021.
■ Carpet Bowls, Eastwood Community Hall, by Morrisons, Tuesdays 1.45-3.45pm, come and try, no experience necessary, also Thursdays 3.30-5.30pm.
■ Card Making Classes, The Seniors' Club, Hullbridge Day Centre, Windermere Avenue, Hullbridge, Tuesdays 7-9pm. 01702 233098.
■ Walking Club, Phoenix Striders, meet 7pm Markhams Chase Sports Centre, fun hour walking depart 7.15pm, every Tuesday and Thursday. 01268 415469.
■ Social Tea Dance, St Cedds Church, Bridgewater Drive, Westcliff, 2pm. 07833 664443.
■ Social Tea Dance, Ashingdon Memorial Hall, Ashingdon Road, Ashingdon, Tuesdays 2-4pm. 01702 230480.
■ NCT Bumps and Babies, social group for expectant and new mums, Langham Hall, Langham Crescent, Billericay, every Tuesday 1-2.30pm. 01268 452781.
■ Top Cats Social Club, (Southend Mencap), Castle View School, Meppell Avenue, Canvey, Tuesdays 7-9.45pm, for adults with learning disabilities age 25 plus, £2 per session, membership details 01702 341250.
■ Tuesday Luncheon Club, Inter-Church Caring for the Elderly and Disabled, Avenue Baptist Church Hall, Milton Road, Westcliff, for people living alone or with their carers, further details 01702 478691/525141/340617.
■ Depression: Self Help Group, every Tuesday 8-9.30pm, and Thursdays 12.30-2pm, we are a very successful and caring group, Michael 01268 527283.
■ Vange Tots, The Vange Community Centre, Vange Hill Drive, Vange, every Tuesday 9.30-11.30am, admission £1, snack and drinks provided for all. 01268 498642.
■ Shoebury Flagship, Rainbow Children's Centre, Friars School, Constable Way, Shoebury, every Tuesday 1.30-3.30pm, health visiting team offering activities, advice and support for parents with babies and children aged up to 5 years. 01702 577656.
■ Cherrydown Children's Centre, 4, Cherrydown West, Basildon, Toddler

Development (9-18 months), 10-11.30am; Baby Development (0-9 months) 10-11.30am; Healthy Snack 11.30pm-noon; Breastfeeding Support Group noon-2pm.
■ Mum2Mum, Breastfeeding support group, St Michael's Church Annexe, Sir Walter Raleigh Drive, Rayleigh, Tuesdays 10.30am-noon, pregnant mums welcome. 07801 097605.
■ Breastfeeding Support Group, St Andrew's Church, London Road, Wickford, Tuesdays 2-4pm, donation £1 to cover refreshments.
■ Breastfeeding Support Group, Shoebury Nursery, Delaware Road, Shoebury, Tuesdays 10am-noon. 01702 577744/07814 486497.

Wednesday, December 22

■ Barn dance club with live music from Musicmakers. 8.30pm at Grand Ceilidh Club at Southend Rugby Club, Sumpters Way. Call 07818 622822.
■ Walk - South East Essex Ramblers meet at 10am at Canewdon Church for walk to Stambridge. Call Doug or Sheila on 01702 548025.
■ Salsa, George Hurd Centre, Audley Way, Basildon, for over 50s, every Wednesday 11.30am-12.30pm, no partner required. 01268 465854.
■ Ballroom and Latin American Dancing, The Lourdes Hall, Marguerite Drive, Leigh, every Wednesday 2.45-3.45pm, to raise funds for the church hall. 01268 281488.
■ Southend Vox Choir, Temple Sutton School, Southend, every Wednesday 7.30-9.30pm, lively, fun choir for adults (18+), call Jo 07969 216366.
■ Over 50s Session, Warehouse Centre, 7 Brook Road, Rayleigh, Wednesdays and Thursdays 2-4pm, badminton and short mat bowls, session price £3.30 includes refreshments and use of equipment. 01268 779100.
■ Leigh Singles Social Club, meet Wednesdays 8pm The Elms Pub, Leigh, age group 45-65 years, further details Sue 07917 573653.
■ Played Bowls Before? Come and try it at F&S Club, Gardiners Close, Basildon, all weather green, free coaching given, regular club mornings, call Charlie 01277 623752.
■ Football Sessions for girls, Fryerns Recreation Ground, £1 drop in sessions, every Wednesday, 6-7pm, community project supported by Basildon Council, in association with Leigh Celtic Girls FC. 07882 456558.
■ Ladies Football, Futsal Fitness Sessions,

Fryerns Recreation Ground, community project supported by Basildon Council, £1 drop in sessions every Wednesday 7-8pm, ages 16-60, call Paul 07882 456558.
■ Rayleigh Country Market, VI Hall, Bellingham Lane, every Wednesday 8.30-11.30am.
■ Breastmats, The Cambridge Road Children's Centre, Cambridge Road, Southend, every Wednesday 10am-noon, support for breastfeeding. 07837 236656.
■ Parent and Toddler Group, Honeybees, Laindon Community Centre, Aston Road, High Road, Laindon, Wednesdays and Fridays, 9.30am and 10.30am. 01268 449431/07944 983734.
■ Parent and Toddler Group, Buttercup Club, Scout Hall, Ellensbrook Close, Leigh, 9.30am and 11am, Wednesdays and Thursdays. 01702 712150.
■ Parent and Toddler Group, Little Angels, Steeple View Memorial Hall, Laindon, Wednesdays 1-3pm.
■ Parent and Toddler Group, Cherrydown Children's Centre, 4 Cherrydown West, Basildon, Wednesdays 1-2.30pm.

Thursday, December 23

■ Art class at Westcliff United Reform Church, 10am to 12pm. Learn to paint and draw with artist Paul Alcock. £6, first session free. Call 01702 615475.
■ Buddies Over 50 Social Club at Anchor Pub, Benfleet, 8.30pm every Thursday. Varied social events. Come and make new friends. Call Jill 01268 753367.
■ Sales Table, Outpatients Foyer, Southend Hospital, every Thursday 7.30am-3.30pm, toys, books, bric-a-brac, etc. 01702 586697.
■ Tea Dance, St James' Church Hall, Elmsleigh Drive, Leigh, ballroom, Latin and sequence, Thursdays 2-4.15pm. 01702 216726.
■ Whist Drive, Our Lady of Lourdes Church Hall, Marguerite Drive, Leigh, Thursdays 1.45pm, entry £1.20.
■ Drama/Social Club, working for Animal Charities, St George's Hall (near Tarpoons), Rushbottom Lane, Benfleet, new members needed, no acting experience required, Thursdays 1.30-3.30pm. 01268 697357.
■ Social Tennis, Crowstone and St Saviour's LTC, Victory Path, Chalkwell, Thursdays 2pm, for improvers, £3 visitors fee. 01702 711823.
■ Yoga Classes, Unitarian Hall, Grange Gardens, Southend, 6-7.30pm and 8-9.30pm, non-profit making. 01702 616990.
■ Why not try Carpet Bowls, The Salvation

Army Hall, Elm Road, Leigh, Thursdays 2-4pm, £4, first 3 weeks free. 01702 553546.
■ Short Mat Bowls, Willows Park, James Hornsby School, Leinster Road, Laindon, every Thursday 7.30pm, first 3 weeks free, details 01277 625027.
■ Clairvoyance, Shoebury Spiritual Centre, The Sandpiper Community Centre, Sandpiper Close, Shoebury, Thursdays 8-10pm, free healing, entry £3. 01702 476087.
■ Healing, The Cedars, Castle Road, Rayleigh, fully trained healers by Essex Healers Association, Thursdays 10-11.30am, all welcome.
■ Meeting, Billericay Art Club, Church Hall, Great Burstead, 8pm, new members of every ability welcome. 01277 656877.
■ Meeting, Billericay Baby Cafe, Community Church, Queens Park, Billericay, for Breastfeeding mums, Thursdays (term time), 12.30pm.
■ Breastfeeding Support Group, The Hills Children's Centre, British Legion Triangle Building, High Road, Laindon, Thursdays 11.30am-1pm.

Friday, December 24

■ Drama Classes, Helen O'Grady Drama Academy, The Stables, Chalkwell Park Drive, Leigh, not a stage school, designed to increase children's life skills, Fridays after school, to enrol call Dina 01245 328680.
■ Bargain Box Open, Pastoral Centre, St Martin's Church, Basildon (Church walk near Marks and Spencer), every Friday 10am-noon, good quality/nearly new clothes, bric-a-brac, books, videos etc, tea/coffee, all welcome, no entrance charge.
■ Come and try Diving, Gloucester Park Swimming Pool, every Friday 8-10pm, learn to scuba dive, further details Paul 07802 643734.
■ Table Tennis, St Andrew's Church Hall, Church Road, Shoebury, every Friday 2-4pm. 01702 296708.
■ Table Tennis, Markhams Chase Sports Centre, Basildon, every Friday 2pm, £2.50 per session.
■ Modern Sequence Tea Dance, St James' Church Hall, Elmsleigh Drive, Leigh, Fridays 1.45-3.45pm, further details Henry 01702 293794.
■ Stone Carving, Sculpture plus Lettering, Studio Workshop, 39a West Road, Shoebury, professional tuition, traditional tools, Fridays 8-10pm, details Jim Davis 01702 292867.
■ Evening of Clairvoyance, St Edmunds Hall, St Edmunds Close, (off Pantile Avenue), Southend, Fridays 8pm, healing from 7pm.

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Its special evening menu has a Mediterranean feel and offers a wider choice for diners including lasagne and grilled fish, and a selection of Greek dishes.

It also boasts Specials Boards in both its restaurant and takeaway, which are constantly updated with the latest information and offers, as well as a range of starters and desserts and a children's menu.

Islanders is well known for its excellent cuisine, which has seen it win the Friers Quality Award in



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For further information about the restaurant, which is open from 11am to 10pm from Monday to Thursday, and from 11am to 10.30pm on Friday and Saturday, call Islanders on 01268 682694.



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THE Chichester, situated in open farmland in the village of Rawreth, is a charming and picturesque setting in which to celebrate any occasion.

Parties large and small are accommodated during Dinner and Disco evenings held in the 160-seat Tudor Restaurant on Fridays and Saturdays throughout the year.

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Sunday Luncheon in the Tudor Restaurant is an ideal occasion for

family celebrations when perhaps an evening may not be best for the elderly or infirm. There are excellent disabled facilities.

Meals in the Stable Bar on Sundays are a la carte.

The Chichester's booking office is open from 9.30am to 5pm, Monday to Friday, and from 9.30am to 12.30pm at the weekend.

For more information or sample menus, call 01268 561234, e-mail info@thechichester.co.uk or visit www.thechichester.co.uk

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Pop in to Paparazzi

Advertisement feature

ENJOY a blend of traditional English and creative Italian cuisine this New Years Eve at a long established Westcliff restaurant.

Paparazzi Italian Restaurant has been hosting popular New Years Eve celebrations since opening its doors in 2004.

Most of its December party nights are full, and Christmas Day is already sold out, so anyone interested in New Year's Eve is urged to book as soon as possible to avoid disappointment.

The evening, on Friday, December 31, promises to be one to remember as you celebrate the end of 2010 and the beginning of New Year. The special night, which costs £44.95 per person, includes a special three-course set menu and DJ entertainment. It will then be time to push back the tables and dance the night away into the early hours.

Paparazzi Italian Restaurant delights diners throughout the year thanks to its variety of menus, from pizza and pasta, to set meals and Sunday roasts. It's a la carte menu offers a range of specialities including Chicken



Paparazzi – chicken breast filled with garlic, herbs and ricotta cheese, wrapped in parma ham and dressed with a creamy white wine sauce – and Spigola alla Griglia, grilled sea bass fillet with but-

tered asparagus and salsa verde.

Its two-course set menu, served from Tuesday to Friday, costs £11.95 per person, while its three-course menu, available from Tuesday to Friday, and on Saturday nights for party bookings, costs £16.95 per person. A Sunday Roast Special Deal offers two traditional Sunday Roasts for £13.95 (terms and conditions apply).

Paparazzi Italian Restaurant can cater for all occasions, from birthday parties to christenings, for which it can provide a range of packages. It also has a private seating area, ideal for parties of between 12 and 24 people.

The stylish and comfortable restaurant, which is fully licensed and air conditioned and has a private car park, can also be hired for exclusive parties or events.

Paparazzi Italian Restaurant, at 107 Hamlet Court Road, Westcliff-on-Sea, is open from 4.30pm to late, from Tuesday to Saturday, and from 1pm to late on Sunday. It is closed on Mondays.

For further information about the restaurant, or to make a reservation, call Paparazzi Italian Restaurant on 01702 344344 or you can visit www.paparazzi-restaurant.co.uk



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BORED OR LONELY? CALL 0905 232 0899 NOW

BLACK female, likes meals out, theatre, seeks solvent white male, 30-47 for genuine relationship. Ashford. Tel No: 0905 436 0274 Box No: 382910

VICKY attractive, kind, down to earth, black British, likes travel, writing, reading, cooking, socialising, seeks generous, good man who is family orientated. Essex. Tel No: 0905 436 0274 Box No: 353033

YOUNG black female, likes meals out, theatre, seeks solvent white male 30-47 for genuine relationship. Ashford. Tel No: 0905 436 0274 Box No: 382706

ATTRACTIVE homely, romantic lady, medium build, 51, seeks genuine, stocky, honest guy 41-58. Romford. Tel No: 0905 436 0274 Box No: 352827 Ⓢ

PATRICIA outgoing, confident, feminine, warm, friendly, smart, good company, attractive, seeks similar male. Tel No: 0905 436 0274 Box No: 347215 Ⓢ

ATTRACTIVE female, 44, young looks, 5ft 2ins, seeks good looking professional, 44-52. Birmingham. Tel No: 0905 436 0274 Box No: 354537 Ⓢ

STUNNING vivacious female, long blonde hair, lovely legs, slim, loves motorbikes, seeks tall, husky male for a wild and passionate relationship. Tel No: 0905 436 0274 Box No: 370348 Ⓢ

SANDY 62, young looks, likes meals out, walks, reading, cooking, seeks nice sincere male, 58-68 for friendship and more. Hornchurch. Tel No: 0905 436 0274 Box No: 354701

ATTRACTIVE bubbly, single mum, seeks Knight in Shining armour to sweep her off her feet. Essex. Tel No: 0905 436 0274 Box No: 383116 Ⓢ

5FT 4ins female, medium build, GSOH, seeks male, 42-60, medium build, attractive for possible LTR. Tel No: 0905 436 0274 Box No: 354491 Ⓢ

SUZANNE 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. City area. Tel No: 0905 436 0274 Box No: 342527 Ⓢ

YOUNG looking 62yr old female, likes pubs, meals out, walks, cinema, theatre, seeks kind, caring, reliable gent, 59-67. Tel No: 0905 436 0274 Box No: 352277

TALL blue eyed blonde, curvy and fun, loves dancing, seeks tall well built guy to share happy times and see what the future brings. Tel No: 0905 436 0274 Box No: 354651 Ⓢ

BEAUTIFUL slim, babe, 22, seeks older, generous guy 65 plus who knows how to pamper. London. Tel No: 0905 436 0274 Box No: 348545

ATTRACTIVE 45yr old lady, blonde hair, size 16-18, hazel eyes, caring, honest, GSOH, old fashioned values, seeks gent, over 45 for friendship, maybe more. Tel No: 0905 436 0274 Box No: 335809 Ⓢ

BRIGHT bubbly, curvy blonde, bit of a romantic, seeks loving male to share the fun loving side of life with. Looks unimportant. Tel No: 0905 436 0274 Box No: 338461 Ⓢ

SINGLE mum, 39, likes most things, seeks male with GSOH for LTR. Tel No: 0905 436 0274 Box No: 349999

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47YR old black female, professional, single mum, likes most things, seeks professional white male for relationship. Cumberwell. Tel No: 0905 436 0274 Box No: 354075 Ⓢ

ATTRACTIVE black lady, 5ft 6ins, black hair, slim, kissable lips, likes walks, horse riding, go karts, seeks professional white male, 35-45, athletic, 5ft 11ins-6ft. London. Tel No: 0905 436 0274 Box No: 353897

29YR old female, 5ft 3ins, size 12, long brown hair, seeks childless male, 29-40. Margate. Tel No: 0905 436 0274 Box No: 383026 Ⓢ

VERY pretty funny slim brunette, 39, fit and active, seeks good looking guy for fun romance and more. ACA. Tel No: 0905 436 0274 Box No: 354653 Ⓢ

ADORABLE beauty, curvy, caring, down to earth, trained lawyer, seeks good man for friendship, companionship, maybe more. London. Tel No: 0905 436 0274 Box No: 351337

COME live with me. Medic, petite, stunning, long hair, seeks very rich, tactile, generous gent. I will care for you forever. Essex. Tel No: 0905 436 0274 Box No: 351333

KAREN 34, sexy leggy brunette who knows there's more to life than just work! WLTM confident professional male for time off meets in London and fun times. Tel No: 0905 436 0274 Box No: 342525 Ⓢ

5FT 8ins blonde, seeks sincere, tall gent to share meals out, holidays and quality time with. Tel No: 0905 436 0274 Box No: 346751 Ⓢ

FEMALE 28, brown hair/eyes, likes pubs, cinema, seeks male 25-40. Essex. Tel No: 0905 436 0274 Box No: 347059

BEAUTIFUL slim blonde 38, loving, sensitive and a hopeless romantic, looking for love with similar tactile male to be her best mate. Tel No: 0905 436 0274 Box No: 354647 Ⓢ

MARIANNE 47, 5ft 8ins, size 12, blonde hair, blue eyes, own home/business, divorced, smoker, solvent, seeks male for friendship, maybe more. Tel No: 0905 436 0274 Box No: 346863

TALL slim, blonde, blue, 60yrs young adventurous gal, seeks 6ft plus, N/S black guy of similar age or younger to care about. Tel No: 0905 436 0274 Box No: 368444 Ⓢ

KIMBERLEY 26, blonde hair, blue eyes, size 14, seeks kind, generous male for friendship, maybe more. Tel No: 0905 436 0274 Box No: 346613

MEN seeking

LOOKING to meet or chat to someone, look no further **CALL 0906 966 1469** or text or text **CHAT819** to **65125**

WHITE male, 52, 6ft, medium build, likes meals out, cinema, nights out, seeks genuine, kind, loving, relaxed lady for 1-2-1 relationship and to settle down. Tel No: 0905 436 0274 Box No: 348235

ATTRACTIVE male, 42, OHAC, likes good things in life, seeks happy, fun loving lady. Single mum welcome. Midway. Tel No: 0905 436 0274 Box No: 383136 Ⓢ

YOUNG looking 60yr old guy, 5ft 7ins, brown hair/eyes, likes lunches out, seeks slim-medium build female for friendship only. Crawley. Tel No: 0905 436 0274 Box No: 354713 Ⓢ

GOOD times ahead with 50's sensible guy, GSOH, medium build, likes all things cultural, travel, seeks lady with similar interests for friendship, maybe more. NW London. Tel No: 0905 436 0274 Box No: 383024 Ⓢ

CURVES quest! Tall, slim, artist chap, seeks buxom, voluptuous lady for movie going and popcorn lunching. Tel No: 0905 436 0274 Box No: 354331 Ⓢ

SHORT and fat, bit bald, seeks larger lady, Ilford. Tel No: 0905 436 0274 Box No: 383100

WHITE male, 52, likes cinema, holidays, weekends away, seeks sincere, genuine, black lady, 35 plus for serious relationship. London. Tel No: 0905 436 0274 Box No: 354543 Ⓢ

SWEET natured 40yr old male, seeks sincere female for companionship. Essex. Tel No: 0905 436 0274 Box No: 354531

MALE seeks female, 27-30 for fun and friendship. Croydon. Tel No: 0905 436 0274 Box No: 354465 Ⓢ

MATURE sincere gent, mid 50's, blind from birth, seeks mature, sincere lady for long lasting, loving, genuine relationship/soul mate. No time wasters. London/Essex. Tel No: 0905 436 0274 Box No: 354399

PROFESSIONAL male, N/S, moderate drinker, seeks female, 35-43 for LTR. London. Tel No: 0905 436 0274 Box No: 383058 Ⓢ

JOE 39, genuine, slim, sincere, GSOH, likes pubs, clubs, meals out, cinema, holidays, days out, seeks similar female to share interests with. Raleigh. Tel No: 0905 436 0274 Box No: 354275 Ⓢ

HANDSOME professional male, 35, 6ft 4ins, seeks caring lady to slowly rediscover the finer things in life. Herne Bay. Tel No: 0905 436 0274 Box No: 383098 Ⓢ

TALL blond male, blue eyes, seeks lady for good times. Slough. Tel No: 0905 436 0274 Box No: 354617 Ⓢ

NICK 61, white, seeks affectionate female, 40-65, size 18, blonde hair, possible relationship. Sutton. Tel No: 0905 436 0274 Box No: 354565 Ⓢ

JEFFERY 52, white, 6ft 2ins, medium build, likes meals out, cinema, holidays, seeks single, genuine black female for 1-2-1 relationship. Tel No: 0905 436 0274 Box No: 348663 Ⓢ

WHITE male, 6ft 1ins, 38, medium build, seeks female for LTR. Bucks. Tel No: 0905 436 0274 Box No: 354553

IAN 37, tall, medium build, seeks female, 28-37 for friendship, maybe more. Ashford. Tel No: 0905 436 0274 Box No: 354539

TALL male, dark hair, good looking, smoker, likes sports, cinema, seeks female for friendship, maybe more. Tel No: 0905 436 0274 Box No: 382458

MALE 57, 5ft 9ins, stocky, easygoing, trustworthy, loyal, seeks white female, any age/looks for LTR. East London. Tel No: 0905 436 0274 Box No: 354417 Ⓢ

ATTRACTIVE blond, blue eyed male, 47, HIV positive, genuine, sincere, GSOH, OHAC, seeks warm, sincere, female. Essex. Tel No: 0905 436 0274 Box No: 354749

EARLY 40's male, seeks female, 40's for friendship, maybe more. Ilford. Tel No: 0905 436 0274 Box No: 383102 Ⓢ

MALE likes most things, lonely, seeks caring female to put the sparkle back into life. Canterbury. Tel No: 0905 436 0274 Box No: 354385 Ⓢ

44YR old male, seeks large build female, 33-58 for nights out, socialising etc. Grays. Tel No: 0905 436 0274 Box No: 352989

IAN easygoing, caring, honest, tall, fair hair, green eyes, N/S, likes travel, pubs, cinema, meals out, seeks female, 21-50 for fun and friendship, maybe more. Basildon. Tel No: 0905 436 0274 Box No: 352941 Ⓢ

RICHARD likes socialising, cinema, meals out, nights in, seeks caring, honest female with similar interests. Chelmsford. Tel No: 0905 436 0274 Box No: 352871

6FT 2ins black guy, seeks female for no strings fun times. Tel No: 0905 436 0274 Box No: 383028 Ⓢ

MICHAEL 40's, likes conversation, meals out, theatre, seeks female, 30's for fun and friendship, maybe more. Greenhythe. Tel No: 0905 436 0274 Box No: 354403 Ⓢ

PAUL 44, 5ft 9ins, fair hair, slim-medium build, easygoing, seeks female to wine/dine and get to know. Tel No: 0905 436 0274 Box No: 341535

MARK 45, single male, likes cinema, music, seeks female with similar interests. Gillingham. Tel No: 0905 436 0274 Box No: 383044 Ⓢ

GAY seeking

GUYS - Talk and date gay men who are on the Instant Message Exchange line at the same time as you. Discretion assured. Call now on **0906 781 4107** or **TEXT: GAY819** to **65125**

Or go online at www.localgaydate.co.uk
WHITE male, 65, inexperienced, seeks male, 25 plus for fun and friendship. Ramsgate. Tel No: 0905 436 0274 Box No: 354281

DAVE 53, bi, 6ft 1ins, well built, divorced, seeks young toned, slim guy/TS 18-30 for fun and pampering. Ealing. Tel No: 0905 436 0274 Box No: 354309 Ⓢ

MALE 60, seeks similar male for fun times. Sandwich. Tel No: 0905 436 0274 Box No: 382700 Ⓢ

ADULT interests

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Departs 22 April 2011
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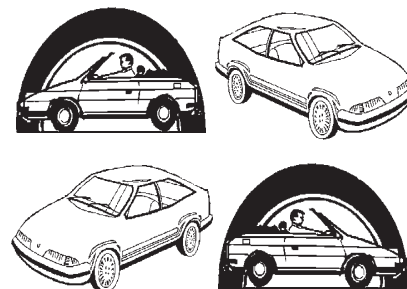
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MARY 34, cuddly, bubbly brunette loves to cook, enjoys cosy nights in with bottle of wine, seeks male with GSOH. Tel No: 0906 500 6358 Box No: 377864

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VERY feminine blue eyed blonde seeks strong, well built male to share good times. Tel No: 0906 500 6358 Box No: 377076

VERY pretty petite brunette, 28, active and sexy seeks good looking professional guy for fun times. Tel No: 0906 500 6358 Box No: 375972

TANYA 30, beautiful, petite, long brown hair and very shy until you get to know me. If you are dark and handsome I promise I won't be shy for long. Tel No: 0906 500 6358 Box No: 329339

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STUNNING brown eyed brunette looking for love seeks someone special to share a happy, loving future with. Tel No: 0906 500 6358 Box No: 349023

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LISA 31, petite bundle of fun looking for fun, easygoing, genuine guy. Age/looks unimportant. Tel No: 0906 500 6358 Box No: 349905

KATHERINE slender, attractive and intelligent, likes good food/wine, seeks likeminded male in great shape for a fun friendship. Tel No: 0906 500 6358 Box No: 349903

FUN loving, easygoing female looking for manly male who knows how to enjoy life. Tel No: 0906 500 6358 Box No: 349917

ATTRACTIVE loving blonde, striking green eyes, seeks nice manly male who is also looking for some missing attention. Tel No: 0906 500 6358 Box No: 349913

TALL busty brunette knows what she wants seeks tall hunky white male for fun and exciting times. ACA. Tel No: 0906 500 6358 Box No: 376400

BROWN eyed girl, gorgeous figure, seeks older male for good times. Tel No: 0906 500 6358 Box No: 377594

VIVACIOUS female seeks enthusiastic male to share good times with. Tel No: 0906 500 6358 Box No: 377592

ACTIVE sexy, petite female, always on the go, has a lot of love to give to the right male, seeks male to burn off some excess energy with! Tel No: 0906 500 6358 Box No: 375200

TRISHA 60, beautiful, outgoing, full figured and affectionate, loves cosy nights in, WLTm strong romantic man. Age/looks unimportant. Tel No: 0906 500 6358 Box No: 349911

SAM attractive, outgoing with blonde spiky hair, green eyes, lonely, romantic and in need of some male company. Age/looks unimportant. Tel No: 0906 500 6358 Box No: 349927

LINDA young, friendly, bubbly, beautiful brunette, curvy, feminine, confident, hazel eyes, fit, seeks dark haired older male for fun and friendship. Tel No: 0906 500 6358 Box No: 377862

ATTRACTIVE brunette seeks easy going laid back male to cherish and share relaxing nights in, good company and great company. Tel No: 0906 500 6358 Box No: 350713

BRIGHT beautiful professional female, long dark hair WLTm tall, well built intelligent guy to sweep her off her feet and just enjoy life with. Tel No: 0906 500 6358 Box No: 350711

BEAUTIFUL bubbly blue eyed blonde, full of life looking for similar extrovert male to put some fun back in her life. Tel No: 0906 500 6358 Box No: 350725

STUNNING blonde, feels life is for living looking for her Mr Right, 45-55, who can make her feel special. Tel No: 0906 500 6358 Box No: 350723

CURVY blonde, big blue eyes, many interests WLTm genuine male to make her laugh and brighten up her day. Tel No: 0906 500 6358 Box No: 350721

TALL attractive nurse, dark hair, blue eyes looking to meet someone young and fit for off duty fun and friendship. Tel No: 0906 500 6358 Box No: 350719

LOVELY curvy, extrovert, green eyed blonde, seeks gorgeous, easygoing, fun male to share cuddles, laughs and TLC. Tel No: 0906 500 6358 Box No: 350697

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First defeat in five for Blues

Southend United

SOUTHEND United suffered their first power League Two defeat in five games, losing 3-1 at Burton Albion on Saturday.

It was a disappointing performance by Paul Sturrock's men which leaves them looking nervously over their shoulders above the relegation zone.

Boss Sturrock admitted a lack of match practice and training sessions did not help his side.

He said: "I felt sorry for the travelling fans because you have to go out and earn the right to play and at times we didn't do that."

"Second half we went out on the front and dictated from the start and it might have been different if we had got back to level terms. But as the game unfolded you could see the match fitness and sharpness seep away."

"If we had gone in at half-time and then got the equaliser it would have been a completely different ball game but, to be fair, by the end of the game we didn't deserve to get anything out of it."

The Blues could have gone behind in the 11th minute after Graham Coughlan was adjudged to have tripped Burton's on-loan Aston Villa striker James Collins.

However, the striker blasted the penalty wide of Glenn Morris' goal.

The early warning failed to spark Southend into life with Morris having to get down low to keep out Aaron Webster's effort, while Collins could have done better when he dragged his shot wide from 10 yards.

Southend were finally made to pay in the 37th minute when Jacques Maghoma thumped home Russell Penn's cross.

It got worse for Blues on the stroke of half-time when an in-swinging free-kick from former Southend loanee Scott Malone was headed into his own net by Luke Prosser.

Sturrock rang the changes for the second half, bringing on son Blair and Ryan Hall, and it made an instant impact as the latter's free-kick was headed home by the Scottish striker.

Blues looked threatening, with Barry Corr's shot saved by Brewers keeper Adam Legzdins.

But the mini-revival was put out by Burton in the 56th minute when Webster's long range shot found the top left corner.

Burton should have added to their tally, with Penn firing inches wide, before Morris tipped Shaun Harrad's shot around the post.

Southend were hoping to get back to winning ways, when they travelled to Cheltenham Town last night (Tuesday night).



BUSY: Blues keeper Glenn Morris.
 Picture by Dave Montier

Slick City put Hammers further adrift from safety

West Ham United

WEST Ham drifted further from the safety of 17th place in the Premier League following a 3-1 defeat at the hands of Manchester City on Saturday.

The Irons are four points behind Fulham in that final safe spot, and currently sit bottom of the table level on points with Wolverhampton Wanderers, who have played a game less.

City, who moved second in the table with this victory, started off well with Mario Balotelli going close from Jo's cross after only four minutes.

The Hammers had their own chances through Junior Stanislas and

Scott Parker, but the visitors began to stamp their authority on the game as the half went on.

Yaya Toure had a powerful drive saved by Robert Green, but gave City the lead on the half hour mark. Having played the ball wide to Gareth Barry, the Ivorian raced into the box ahead of his marker to convert the cross.

Frederic Piquionne and Victor Obinna had chances either side of half time, and although Toure and Balotelli went close for the visitors, the latter's petulance almost undid the Manchester side.

Having been booked for dissent as his frustrations built up, Balotelli was taken off by Roberto Mancini and

responded by stomping off in a sulk like a toddler.

Avram Grant responded by throwing on Kieron Dyer and Carlton Cole, but just when it seemed the game may swing in West Ham's favour, they were hit with the sucker punch.

Toure got on the end of Nigel De Jong's pass, beat James Tomkins and then rifled the ball beyond Green and against the post. Such is the luck of the Irons, the ball came off the post and hit Green's back, before rolling over the line.

With that went any hopes the Hammers had of getting back in the game. Substitute Adam Johnson added a third for City as David Silva's pass cut through the home side's rear-

guard, before Tomkins netted a late consolation.

Despite the defeat, Grant was pleased with his players' performance against a side he did not expect to beat.

He said: "The boys tried very hard today, it was not easy. We tried, but these are not the teams we need to compete against, they are better than us. We play against teams now who are not better than us and we will try to take points."

West Ham travel to Blackburn on Saturday, and then take on Fulham away and Everton at home in their remaining fixtures in 2010 - a relegation six-pointer then looms with Wolves on New Year's Day.

Urchins out of FA Trophy after defeat to Ashford Town

Non-League Football

AFC HORNCHURCH suffered disappointment in the FA Trophy First Round, losing 1-0 at Ashford Town (Middx) on Saturday.

Jones Awuah scored two minutes from time to earn the Zamarett League Division One Centre side the win and cause a giantkilling against their Ryman League Premier opponents.

In Blue Square South, Thurrock remain in the bottom three losing 1-0 at Bishop's Stortford - Reece Prestedge grabbing the only goal. Chelmsford City dropped out the play-offs after they were without a game.

Concord Rangers were the comeback kings in Ryman League Premier on Saturday, winning 4-2 at Carshalton Athletic after finding themselves 2-0 down after 13 minutes.

A Byron Harrison penalty and Joel Ledgister goal gave Carshalton the

perfect start, but two goals from Harry Elmes levelled it by half-time, and further goals from Tom Stokes and James Elmes meant Concord go up to sixth.

They go ahead of Billericay Town, who had no answer to high-flying Bury Town, losing 3-0.

Former Ipswich, Crystal Palace and Leyton Orient striker James Scowcroft opened the scoring, followed by Tom Bullard and Sam Reed.

East Thurrock United are the new leaders of Ryman League Division One North, winning 3-1 over Potters Bar Town.

Elvis Balic put the visitors ahead on the half-hour, with Reiss Gilbey equalising ten minutes later.

But the drama unfolded in the last four minutes as the Rocks claimed the win through goals from Kris Newby and Kye Ruel.

East Thurrock's near neighbours Grays Athletic did them a favour by holding previous leaders Wingate &

Finchley to a 1-1 draw.

Leon Smith put Wingate ahead on 33 minutes, but Emiel Aiken levelled before half-time.

Maldon & Tiptree dropped to fourth place after letting a 3-1 lead slip at ten-man Thamesmead Town.

Marcus Perona was sent-off in the seventh minute for Town, and Maldon capitalised to go 2-0 up through Zubair Haleem and Grant Cooper.

Thamesmead pulled one back through Ashley Proberts 34th minute penalty, but Maldon looked in control when Joe Sweeney put them 3-1 up before half-time.

But Thamesmead fought back and earned the draw through goals from Richard Avery and Andy Constable.

Bottom side Waltham Forest conceded three goals in the final five minutes against ten-men Enfield Town to lose 3-2.

Following Jon Stevenson's 62nd minute red card, Forest scored twice through Ade Cole and Danny Francis.

But the visitors pulled one back through Liam Hope's 86th minute penalty and Wahid Matata scored twice, the second in stoppage time, to keep Waltham at the bottom.

Waltham Abbey lifted themselves into the top half after their convincing 4-0 victory over Tilbury.

Kieron Ogunkoya, Tyler Campbell (2) and a Liam Farrell penalty gave Abbey the spoils, while Michael Toner added to Tilbury's disciplinary woes after seeing red.

Redbridge gave their battle against relegation a massive boost, with a 2-1 victory over Great Wakering Rovers.

Tom Stephen's netted in each half, with sandwiching Tony Martin's equaliser for Wakering.

Brentwood Town also won 2-1 against lowly Ilford. Ellis Remy put them ahead, and despite Sam Adejokun equalising for Ilford, Steve Butterworth grabbed the winner for Brentwood with 11 minutes remaining.

Rugby Union

Barking made to sweat for win over Blackheath

BARKING kept up their charge for promotion from National League One with a 34-22 victory over Blackheath at the Goresbrook on Saturday.

Four first half tries from Kevin Sorrell (2), Scott Alfied and James Ngan, plus penalties and conversions from Adam Armstrong ensured Barking picked up the bonus point, as the scores went into half-time at 28-3.

But Barking were made to sweat in the second half as Blackheath fought back, with three tries, but two Armstrong penalties kept Barking at arms reach, and they look forward to a home match against third place London Scottish next week.

Southend hung on after a late rally by Old Albanians to win 31-26 in National Two South.

Westcliff march on to the London One North title, winning 0-32 at Tabard to go 12 points clear at the top.

Chingford lead the chase in second, winning 37-27 over Ruislip, while Thurrock won 24-18 against bottom side Letchworth Garden City.

Eton Manor picked up their third draw of the season, drawing 20-20 at Old Colfeians.

In London Two North East, leaders Rochford Hundred have a two point gap over Braintree after thrashing bottom side Harlow 62-0.

Braintree saw off Canvey Island 25-14, while Romford & Gidea Park moved up to third, winning 26-0 against Enfield Ignations. Chelmsford drop to fourth, drawing 22-22 at Ipswich.

Basildon dropped to third in London Three North East after their match was postponed at Bancroft and Lowesoft & Yarmouth won.

Wanstead are fourth after drawing 22-22 with Upminster, while Mersea Island lost 26-21 at Wymondham, who lift themselves off the bottom at the expense of Campion.

Essex County Cricket Club

Bopara pens new deal

ESSEX batsman Ravi Bopara has signed a new two-year deal to stay with the county, ending months of speculation.

The 25-year-old has been mulling over the contract offer since September, with delays surrounding how much compensation Essex should receive if Bopara plays in the IPL next season.

Head coach Paul Grayson was relieved to secure the deal.

He said: "The signing of Ravi's contract has been an ongoing problem throughout the close season due to a number of factors such as his compensation package with IPL being resolved, and of course, Ravi currently playing cricket over in South Africa."

"The signing of the contract was never in doubt, but it was something that just took time."

Speedway

Award for co-promoters

LAKESIDE Hammers promoters Stuart Douglas and Jon Cook are celebrating after winning a sports award.

The pair, who are entering their fifth year together at the Arena-Essex Raceway, received the BBC London Outstanding Contribution to London Sport Award 2010.

They were recognised for the huge strides the club has made under their stewardship, which has seen Lakeside become one of the top speedway teams in the country.

Cook said: "We are truly honoured to be recognised by the BBC and it's a win for the positive manner in which we and all those helpers have promoted and rebuilt the club and in particular the way our fans have embraced this new era."